



PRIMAVERA®

SCENT, LIGHT & PURE JOY

FACE CARE
Radiant Beauty

MORNING RITUALS
Greet the Day

HAPPINESS
FOR EVERYONE
Our Commitment
to Bhutan

*The
Scent of
Happiness*

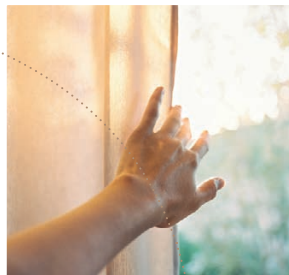


2024 EDITION



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TO EVENING



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LET HAPPINESS INTO YOUR DAILY LIFE

Why we should take better care of ourselves

In the hustle and bustle of our everyday lives, between our commitments and deadlines, we often forget the most important thing: ourselves. But me-time is extremely important. Pause to connect with yourself regularly and consciously, and make sure that your life is in balance. Nature in particular can provide us with fundamental support, as a source of both energy and joy.

Scents accompany us through the day

Pure and natural scents bring nature into our homes. They help us meditate, fall asleep, and enjoy inspiring moments of happiness throughout the day. PRIMAVERA is self-care at its best.

Because scents move something in us. They

can immediately change our mood, allow us to pause for a moment, inspire us, or invigorate us. By choosing to surround ourselves with natural fragrance, we can put ourselves in a state of relaxation and wellbeing.

Self-maintenance is another important aspect of self-care. By pampering ourselves with high-quality natural care products, we treat ourselves with appreciation and mindfulness. Relaxing in a naturally scented bath or applying a rich lotion to the body can be loving moments just for us. Massages with essential oils can relieve muscle tension and put us in a state of deep relaxation.

In this way, we also recharge our energy stores and improve our mental and physical health, reduce stress and increase our quality of life. Taking care of ourselves gives us the resources to be there for others and to fulfill our tasks with more serenity and ease.

So take time to treat yourself, give yourself a chance to pause and connect, and pamper yourself with natural scents and care products from PRIMAVERA. Give yourself the love you deserve.



Essential oils and natural body care bring the body, mind, and soul into harmony.



7 things that make us happy

It's all a matter of perspective:
Most of the time, we have the freedom to make our own decisions and take our happiness into our own hands. Those who internalize this attitude are already one step closer to happiness.

"There are always flowers for those who want to see them."

Henri Matisse,
French painter

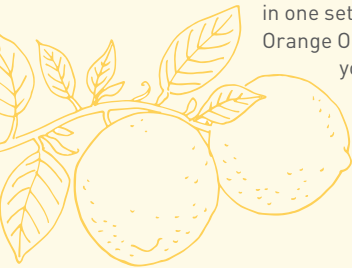


1 Touch

Humans are social beings. That's why we experience happiness through encounters with other people, in our interactions, and in closeness with others. This also includes very basic physical contact; touching, hugging, stroking, or massaging simply makes us happy.

2 The scent of citrus fruit

Our most popular citrus essential oils in one set. The trio of Grapefruit Organic, Orange Organic, and Lemon Organic will put you in a good mood. Perfect for making others or yourself happy.



3

Variety

Our body releases happiness hormones when we vary our everyday routines. Happiness, satisfaction, pleasure, curiosity, and joy are all linked to having constant new stimuli.

4

Gratitude

Happiness research is unanimous: Happy people are characterized by their gratitude in life, especially when it comes to the little things. This kind of gratitude can be learned with the help of meditation, or by perhaps keeping a diary and writing down the things that you're thankful for each evening.

5

"Nature provides everything we need. PRIMAVERA is on the one hand, a sensual experience that gives people scent, light, and pure joy, and at the same time connects people with the holistic power of plants."

Ute Leube,
Co-Founder & Advisory Board
Member PRIMAVERA



6

"For me, happiness is when I have the opportunity to make a positive contribution to a better world."

Kurt L. Nübling,
Co-Founder & Managing Director
PRIMAVERA

7

One good conversation a day

Just one quality chat a day increases our wellbeing, makes us feel happy, and acts as an anti-stress agent—that's according to researchers at the University of Kansas in the US. One conversation a day is enough to make us feel less lonely.



GREET THE DAY

No need to “do”, just “be”.
A morning meditation can
strengthen inner peace and
steady us for the day ahead.



Many prefer a morning meditation in nature, others like their yoga mats positioned with a view of something green through the window. As varied as the choice of meditation styles can be, so individual is the preference for a scent to accompany your practice. In any case, what is highly recommended are 100% natural essential oils like the ones from PRIMAVERA, whether in the form of a room spray or a blend in a diffuser. Meditating in the morning can strengthen our inner peace and generally helps to bring us into balance for the day—particularly mentally.

For many people meditation has become a regular part of their daily routine. In doing so, we can press a pause button. In this moment we don't “have to” do anything; we are simply allowed “be,” and are thereby better able to harmonize our daily lives with our own needs. There are different forms of meditation, but the core essence is always the same: it's about relaxing, letting your mind wander, and concentrating fully on your breathing. Soft music and soothing scents can help you achieve a state of deep relaxation and complete calm. The calming effect of meditation is a source of strength that helps you

Simple scented meditation

A meditation session accompanied by your favorite scent can help you relax and will support your wellbeing. First, select your favorite meditation fragrance from PRIMAVERA. Spray it around the room or let it accompany your meditation via a diffuser. Then, choose your position for meditation. Try to calm yourself; conscious breathing can help with this as it brings your attention to the rhythm of your breath. At the beginning, thoughts may still come to you; you probably won't be able to shake off everyday life right away. So allow these thoughts, acknowledge them, and then let them simply drift away. Over time, such thoughts will diminish. At some point, you will only feel your calm breathing. Each time you breathe in, you absorb your favorite scent, which will help you to feel good and switch off.



Bring your palms together in front of your heart at the beginning and end of the meditation as a gesture for connecting with yourself.

start the day full of energy. It can strengthen the immune system, reduce stress levels, enhance memory, provide balance, and improve sleep.

The effect is even stronger when your practice is accompanied by the experience of scent. Learning to meditate, and integrating meditation into daily life is definitely worthwhile.



Recharge Organic Room Spray promotes soothing clarity, allows you to pause for a moment, and helps you to gather strength for the day by giving you a little break from your daily routine. **Joy of Life Blend** awakens spirits, gives colorful inspiration, and exhilarates the senses.



EXPERIENCE THE JOY OF THE FOREST

Essential oils emanate from the needles and bark of trees. They generate the spicy, resinous, typically balsamic forest aroma. For many, this scent simply evokes happiness.

The forest is a place of happiness and inspiration that never ceases to fascinate and ground us. The aromatic forest air that we breathe in on a forest walk naturally contains essential oils. Trees produce these oils to protect themselves from damaging factors such as insect infestation, heat or sun, and to promote healing after injuries. Essential oils emanate from the trees' branches and needles, and form the spicy, resinous, typically balsamic forest aroma. With every breath of forest air and each movement in nature, we can strengthen our immune system and bring negative feelings and thoughts into balance. The forest climate helps us to wind down; in color psychology, green stands for calm. A visit to the forest also awakens all of our senses. The colors, the sounds, the scents,

and the tranquility of the forest lead to inner serenity. But not everyone has the opportunity to experience forest bathing in nature.

However, we can also bring the grounding scent of the forest into our homes using essential oils. Essential wood oils from PRIMAVERA give us the gift of nature, and allow us to bathe in the soothing tranquillity of the forest.

NO FOREST NEAR OR FAR?

With its spicy, tangy scent of organic cedar and cypress, **Forest Walk Body Wash** brings the wonderful freshness of the woods into your shower. The woody scent of giant fir and spruce needles in the **Forest Walk Organic Room Spray** ensures a sense of relaxation and wellbeing in your home.

Douglas Fir, Larch, and Silver Fir: pure natural essential oils obtained by distillation invigorate the senses.



A full-page photograph of a dense forest. Tall, slender trees with green leaves dominate the scene, with sunlight filtering through the canopy. The foreground is filled with green undergrowth and a layer of brown leaves.

We smell the forest
floor, moss, and the
resinous scent of fir.
The leaves rustle
softly in the wind;
we hear the branches
cracking gently,
the soothing humming
of insects, and
the birds chirping.

WHAT IS HAPPI- NESS?

Happy people appreciate
the good things in their lives.
Feeling gratitude is an important
element of being happy.





Happiness research is unanimous: instead of just chasing after “the greatest happiness,” it is important to foster your own well-being, and find joy in the small things. But happiness can also be found in the big things in life. Anyone who has found a fulfilling task in life will be able to derive a large part of their happiness from it. Happiness is something deeply personal, and goes in tandem with the individual expectations we have for our own life. But even those who aren’t able to see their biggest dreams in life fulfilled can still be happy.

Gratitude makes us happy

Happy people are characterized by their gratitude in life, especially when it comes to the little things. In other words, they don’t long for what they lack: the lottery win that never happened, with its associated fantasy of a supposedly happy villa by the sea. Instead, they gratefully experience the many small moments that make up true happiness. Happy people allow their happiness more space by taking away excess pressure. Recent research shows that people are more likely to experience happiness when they are not looking for it.

What else makes us happy?

Definitely social relationships—family and friends. And a healthy lifestyle, including a balanced, healthy diet and plenty of exercise. Experiencing nature has also been proven to make us happy, even if it’s sometimes just through enjoying a natural scent.

Above all, the ability to know and formulate one’s own needs is probably fundamental to happiness. This applies to both big and small necessities in equal measure. Small ones also include knowing—which scent triggers what kind of feeling in me? What can support my wellbeing in certain situations? Is it calming lavender or stimulating orange? On the other hand, unexpected encounters with scent may evoke personal moments of past happiness: the sweet aroma of grandma’s apple pie, the forest floor after the rain, walking through the woods on a Sunday afternoon with the family—the scent of resinous fir trees and essential oils. It’s such little (scented) moments of remembrance that signify happiness.

**JUST LET
HAPPINESS
COME TO YOU**
Happy people give
their happiness
more space
by easing pressure.
Recent studies
show that people
are more likely
to experience
happiness
when they’re not
looking for it.





Scent can improve our wellbeing and give us happy feelings. We asked PRIMAVERA users to share their favorite scent experiences with us:

HAPPY MOMENT

"Summer days on Lake Garda, which I've eagerly awaited every year since childhood. In my memory, they are endless, carefree weeks. The sun's rays gently warm the skin. The scent of ripe lemons from Limone's gardens waft through the streets. And later, those long evenings by the lake. The lights from the town of Malcesine glimmer across the dark water. From the promenade drifts loud laughter and music. Then there's one last gelato for us kids. Pure happiness."

Katrin, 38, from Darmstadt (Germany)

The scent of the south, full of invigorating citrus notes: **Good Mood Organic Room Spray**, and the **Organic Aroma Roll-On** to take along.



Share your #primaveramoment
on Instagram and tag @primavera_Life.
Be inspired by other aroma fans.
We'll share the best posts on our website.

MY FEELING

*"Feet in the sand, waiting for the next wave
to wash over your ankles. Hair fluttering
around your face in the wind, which carries
the delicate scent of wild roses from
the nearby dunes. The air tastes of salt.
Seagulls scream in the sky, the surf whispers.
By the sea."*

Esther, 46, from Dresden (Germany)

Get Esther's
happy moment
in your own home!



Pure Joy Body Spray and
Clean Air Organic Room Spray

PRECIOUS ESSENCES DELIVER MAXIMUM EFFECT



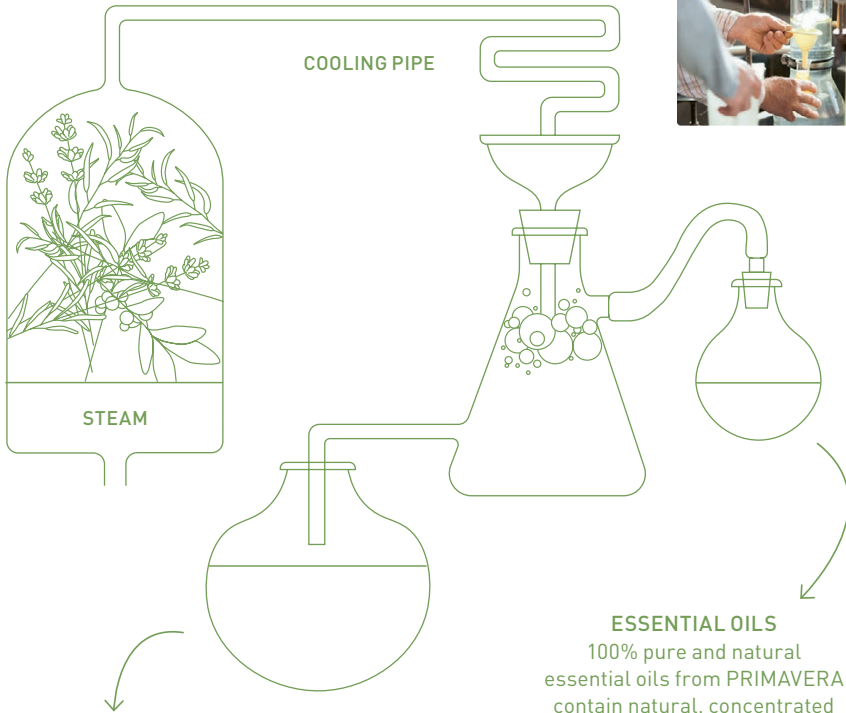
100% pure and natural essential oils are power packs and real treasures. They have a holistic effect on the body and soul, and provide very different benefits. In order to make the full spectrum of a plant's effect available, the purity of the essential oils is PRIMAVERA's top priority. The precious drops are extracted from flowers, leaves, bark, roots, or branches using traditional methods such as steam distillation or cold-pressing. Large quantities of plant material are often used to produce one precious drop of essential oil.

The highest possible quality is one of our most important principles. That's why our essential oils are always 100% pure: natural, authentic, and unadulterated.

Approximately
4,000 kg of flowers
are required to make
1 kg of essential
rose oil.

Damascene
rose blossoms
are carefully
layered before
distillation.





PLANT WATER

Plant waters (hydrosols) provide a short break from everyday life. Sprayed as a scented mist over your head, they surround you with a pleasant feeling in just a few seconds. Used as a face or body spray, they refresh and hydrate your skin so that additional creams or lotions will be better absorbed. Sensitive skin particularly benefits from this gentle type of aromatherapy.

The rosy-floral Plant Water from the Damascene rose has a harmonizing effect on all skin types, and opens the heart.



ESSENTIAL OILS

100% pure and natural essential oils from PRIMAVERA contain natural, concentrated plant power. These small drops of oil hold in them nature's "medicine chest."

Fragrant essential oil from Damascene roses has a balancing and regenerating effect on the skin and senses.

Find out more about PRIMAVERA quality:



A close-up photograph of a woman with freckles and brown hair, her eyes closed in a peaceful expression as she smells a bright yellow lemon. The lemon is still attached to its green leaves and a small branch. The background is softly blurred, showing more green foliage. The overall mood is serene and natural.

Trusting
nature means
trusting
ourselves.

PLANT POWER FOR BODY, MIND, AND SOUL

In aromatherapy, we utilize the full power of plants for the body, mind, and soul. To this end, we combine the pure and natural power of essential oils, organic plant waters, and organic plant oils. Through this holistic approach, our products not only support daily wellness, but also help encourage increased mindfulness for body and soul, as well as for personal health care.

*Asked &
Answered*

4 QUESTIONS FOR ANUSATI THUMM,

Aromatherapy Expert and PRIMAVERA Seminar Leader

What exactly is aromatherapy?

Aromatherapy is part of phytotherapy. Essential oils, organic plant waters, and pure plant oils from select aromatic plants are used to provide a holistic sense of wellbeing and relieve discomfort.

What makes PRIMAVERA products so special?

PRIMAVERA products and formulas harness the full power of nature.

Our top priority is the purity of our raw materials—in the highest organic quality. In short, we combine top quality with expert knowledge. For humanity and nature.

What does aromatherapy mean to you personally?

I've always been fascinated by the interplay between physical and psychological effects, as well as the link between scent and touch. For this reason, I have been sharing my enthusiasm and knowledge for more than 30 years.

I don't have any experience in aromatherapy. What's the best way to get started?

Ideally, you should seek advice from trained specialist retailers or aromatherapists. Still, even without advice you can get a good start by scenting your room with ready-made blends that suit your different moods. Additionally, you can find great reference books that offer an introduction to the subject.



NATURAL POWER CONCENTRATES

FOR MIXING AND DILUTION

Essential oils are concentrated plant power with a wide variety of possible uses. Based on our many years of expertise and experience, we've developed five complex blends of pure and natural essential oils to address common everyday issues and supplement your home and on-the-go aromatherapy medicine cabinet. They are perfect for aromatherapy beginners and experts alike!

For Irritated Skin and Scar Care

The Urgent Skin Aid blend—with its selected essential oils—is one such Power Concentrate. Diluted in a PRIMAVERA Plant Oil it can be applied to bruised or tight-feeling skin as well as used for scar treatment and skin regeneration.

Find an overview of all five Power Concentrates on page 71.



Scar Treatment Oil

- 30 ml Organic Rose Hip Seed Oil
- 6–8 drops Organic Urgent Skin Aid Power Concentrate

Add drops of Organic Urgent Skin Aid Power Concentrate to Organic Rose Hip Seed Oil. Apply 1–2x daily to closed wounds, and gently massage.

Find more information
about Power Concentrates,
get application tips,
and usage ideas here:



Quick Relief

For skin care, Organic Urgent Skin Aid Power Concentrate is mixed with Organic Sweet Almond Oil. It can also be used pure for quick help: Simply apply one drop directly to the skin.



DIY

Magic Roll-On

FOR CHILDREN 2 YEARS AND OLDER

- 1 drop Organic Urgent Skin Aid Power Concentrate
- 10 ml Organic Jojoba Oil

Mix Organic Urgent Skin Aid Power Concentrate with Organic Jojoba Oil in a roll-on bottle and seal. Apply to closed wounds or irritated, bruised skin.

The trio of organic immortelle, organic lavender fine, and organic labdanum is a well-known aromatherapy blend for skin care. This Power Concentrate is ideal for intensively regenerating skin care and for scar treatment.



DIY

First Aid Spray

- 20 ml Organic Immortelle Water
- 4 drops Organic Urgent Skin Aid Power Concentrate

Add Organic Urgent Skin Aid Power Concentrate to Organic Immortelle Water. Shake well. Spray on affected area and wrap with a cloth. Apply an additional cooling pad. The cooling spray for stressed skin relieves the tight feeling caused by bruising. It's easy to take along, and can either be sprayed directly on skin or used for wraps and compresses.

LIFE IN BHUTAN – IN RESPECTFUL CONNECTION WITH NATURE





Bhutan—a unique natural paradise.



Traditionally, bundles of pine and lemongrass are carried on the back and transported by foot to the distillery.

We meet PRIMAVERA Co-Founder and Managing Director Kurt L. Nübling in the natural paradise Oy-Mittelberg (Bavaria, Germany) for a conversation directly after his return from another journey to the Himalayas.

What impressed me about the people on our first trip to Bhutan in 1990 was that they firmly believe that everything is animated and connected. Shaped by Buddhism, the people of the small country of Bhutan are simply very spiritual," says Kurt L. Nübling. The first joint trip made by Nübling, Ute Leube, and friends to the Himalayan country four years after PRIMAVERA was founded became a consequential encounter for both sides, thanks to the discovery of a special, wild-growing lemongrass. The plant grows wild, and is harvested for us by local people in the high moun-

Find out more about our organic farm partner in Bhutan:



Ute Leube and Kurt L. Nübling
from PRIMAVERA with
Kinlay Tshering, Director
for the Department
of Agricultural Marketing
and Cooperatives
for the Department
of Agriculture, Royal
Government of Bhutan.



tain. Its essential oil carries all the freshness and unspoiled nature of this fascinating country, a country where safeguarding nature is a top priority. Another wonderful thing is Bhutan's official national goal, as we learn from Kurt L. Nübling: the happiness of its people! With its Gross National Happiness concept, this green kingdom is the only country in the world to place the wellbeing of its people above its economic growth. It's a position that speaks to the hearts of PRIMAVERA founders Ute Leube and Kurt L. Nübling:

"The unique beauty of the nature there, and how people live in harmony with it, fascinated us from the very beginning.

What we saw in Bhutan was 100% in line with our own convictions." And as Kurt L. Nübling explained during a conversation on the roof of PRIMAVERA in Naturparadies 1, looking over a view of the Allgäu Alps: "Not only were we impressed by this special country, they were also impressed by what we told them about organic farming. In this way, we were able to make a positive contribution to Bhutan's efforts to become the first 100% organic nation in the world."

First Lemongrass—Now, Himalayan Pine Organic Essential Oil

The latest trip has intensified the collaboration: "The Himalayan pine, also known as the weeping pine—I personally call it the lucky pine—is a special phenomenon and it characterizes the wild landscape of the Himalayas. Its needles are soft and long, and its cones produce drops of resin, which is where the name weeping pine comes from. Its essential oil smells wonderfully fresh and balsamic, goes straight to the heart, uplifts and comforts. Himalayan Pine Essential Oil from Bhutan in organic quality is available since March 2024, only from us."



Organic Himalayan Pine Essential Oil has a wonderfully fresh, balsamic scent that goes straight to the heart, it uplifts and comforts.



Plant collectors bring Himalayan pine branches to the distillery.

Kurt L. Nübling explains further: "We have now set up a subsidiary in the capital city Thimphu, because we want to work even more closely with the Bhutanese people in the future. We have purchased a large distillery, and hired some employees, among them deaf people. Our Bhutan project team is now learning sign language."



Bhutan

FROM THE WORLD
TO THE ALLGÄU
(BAVARIA, GERMANY)

WORLDWIDE CONNECTIONS WITH ORGANIC FARM PARTNERS

From the very beginning, PRIMAVERA has sought personal contact with farmers all over the world in order to obtain the best quality raw materials for its products. Since 1987, PRIMAVERA has sourced essential oils from organic farm partners around the world who practice environmentally friendly and sustainable cultivation. These relationships are built on mutual trust and respect, and many have led to deep friendships over the years, such as the one with the people of Bhutan. For many of our farm partners, it is a tremendous effort to work against the tide as organic pioneers. But their vision always motivates them to promote organic cultivation with all their heart, passion and energy. PRIMAVERA supports them with know-how, multi-year contracts, guaranteed purchase quantities and fair prices.

More information on this subject can be found
in the PRIMAVERA Sustainability Brochure:



21

Countries Worldwide

16

Organic Farm Partners

108

Plant Ingredients

2/3

of our Products contain
Plant Ingredients from our
Organic Farm Partners

FACE CARE: LOVING YOUR SKIN

PRIMAVERA Face Care draws from the powers and properties of pure and natural plants. They help our beauty shine through: nature gives us plant substances that bring our skin into balance, moisturize it, and keep mature skin radiant. As aromatherapy pioneers, we've incorporated our in-depth knowledge of essential oils and pure plant power into our new Face Care range. PRIMAVERA is about loving your skin and yourself.





YOUR INDIVIDUAL
BEAUTY ROUTINE
PRIMAVERA Face Care
works through carefully
selected and highly
effective pure plant
compositions.



PERSONALIZED CARE FOR YOUR SKIN

All products in the skincare lines can be used individually or combined with each other like building blocks. The effectiveness of the products complements and enhances each other. Discover your personalized skincare routine!



CLEANSING

Uniquely fresh and natural for all skin types.

Cleansing products purify gently and effectively, prevent dry skin and can be individually combined with other Face Care products depending on the skin's needs.

2. DAILY CARE



HYDRATING

Source of pure moisture for normal, dry, and sensitive skin. The Hydrating line moisturizes and revitalizes the skin. It stabilizes environmental factors to help prevent premature skin aging.



PURE BALANCE

Balanced skincare for combination skin and oily skin. With its plant complexes, Pure Balance evens out and soothes skin, refines pores, and regulates sebum production for a clear complexion.



GLOWING AGE

Timeless radiance for mature, demanding skin. Glowing Age preserves the natural beauty of your skin with its innovative active complexes, resulting in a firm, even appearance.

Access
the Organic
Skincare Face
Brochure:



Mix &
Match

3. EXTRA CARE



ENERGY BOOST

Natural glow for all skin types
Revitalizing plant-based active ingredient elixirs smooth and regenerate the skin. They are highly effective energy boosters for daily use.

*"Serums are
instant rejuvenation
treatments
for stressed skin.
Simply apply
to cleansed skin
and pat in gently."*

Karim Sattar,
Global Communication
Expert and Skincare
Specialist at PRIMAVERA

MAKES
YOU AND YOUR
SKIN GLOW

TRUE ENERGY BOOSTERS

Vitamin C Serum

Vitamin C Serum is a true energy booster. The innovative formula gives the skin absolute radiance. Selected plant power compositions ensure more moisture in the skin, provide naturally fragrant protection against oxidative stress, and specifically reduce pigmentation spots as well as skin irregularities. For a radiant appearance.

Hyaluron Serum

This light Hyaluron Serum provides intense, long-lasting hydration for the skin. Vegan hyaluronic acids carry moisture deep into the layers of the skin, reducing visible signs of fatigue. A daily must-have for a fresh, smooth complexion!

Power
Serums



**Vitamin C Serum
and Hyaluron Serum**

BEAUTIFUL SKIN – AT EVERY AGE



Beauty has many facets. Radiance is definitely one of them. And what makes us radiant besides well-cared-for skin? Openness, gratitude, enjoying the moment, and being able to grab and hold on to happiness when it presents itself. Your face reflects all these things.

Those who glow from within are beautiful, regardless of age!" We particularly like this credo, and think it should be taken to heart more often. Admittedly, nobody likes looking in the mirror and noticing a new wrinkle that wasn't there yesterday. The thought of losing attractiveness as we get older is a concern for many—especially from the age of 40 onwards. This thinking is certainly also fueled by the media and society: it's usually only flawless women in their early 20s who smile at us from magazines.

EVERY WRINKLE IS A CELEBRATION. A FULLY-LIVED LIFE.

But a person beaming with happiness—regardless of age—is often much more attractive than someone who only looks flawless while conforming to a supposedly perfect ideal of beauty. It's time to rethink! Because if anything is more important than the number of wrinkles you have, it's happiness, health and contentment—and that's clear to see in your radiance and your face.

*Here's
what
to do*

Sport stimulates the metabolism

Those who exercise regularly not only feel fitter, but also activate the body's own defense systems. Activity also ensures a rosy, smooth complexion. Exercise has additionally been proven to reduce stress, which is known to be a definite cause of wrinkles!

Get enough sleep

There is some truth to the idea of beauty sleep. Seven to eight hours of sleep per night is ideal. During this time, the skin's metabolism runs at full speed as it regenerates.

Drink, drink, drink

Try to drink at least two liters of water or unsweetened herbal tea throughout the day. The better hydrated your skin is, the plumper it will look.

Always remove your makeup

Daily cleansing is the be-all and end-all of our beauty routine. That's because the film of sebum, sweat, and dirt that builds up on our skin throughout the day clogs our pores, hinders regeneration and can accelerate skin aging. So, always remove makeup and cleanse your face! Our Cleansing Oil is particularly good for this. (p. 56)

The right skincare naturally plays an important role when it comes to radiance. On the following page, we'll introduce you to our Glowing Age line! →



GLOWING AGE: FOR MATURE, DEMANDING SKIN

When your skin has reached a certain maturity, the best way to start a new day is with the PRIMAVERA Glowing Age line for natural radiance. Since mature skin needs special care and should be pampered, we've given the Glowing Age line the most innovative compositions of active complexes developed in our many years of research and experience with natural plant extracts.

For example, organic cupuacu butter, anigozanthos flower extract, caviar lime pearls and, most importantly, precious kahai oil. Thanks to its high concentration of nutrients, kahai oil makes the skin significantly softer, firmer and more radiant.

"The ideal addition to daily face care with a wow-effect: with Eye Cream for Face, you can use the high effectiveness of an eye cream for the whole face. Apply selectively to wrinkles, dark circles and puffiness for radiant, refreshed skin."

Karim Sattar,
Global Communication Expert
and Skincare Specialist at PRIMAVERA

**ENERGY BOOST
WITH INSTANT EFFECT**
A visible fresh kick
for the eye and mouth area.



*Timeless
Radiance*

1. **Toning Lotion—
Perfectly Illuminating**
Vitalizes and restructures the skin.
2. **Day Cream—Ultimate New Aging**
Activates, restructures
and firms the skin.
3. **Rich Face Oil—Regenerating**
Activates and strengthens the skin.
4. **Night Cream & Mask—
Smoothing & Renewing**
Smoothes and renews the skin.
5. **Eye Cream—Brightening**
Brightens and firms the skin.





Kahai oil, the precious natural oil from the cupuaçu tree, is rich in antioxidants and essential fatty acids, and is traditionally used by the indigenous peoples of the Amazon for skin and hair care.

Thanks to potent organic plant power, the lightweight textures of PRIMAVERA Body Care hydrate skin and provide long-lasting care.

CARE FOR THE SKIN – SUNSHINE FOR THE SOUL

PRIMAVERA Body Care is a caring, naturally fragrant combination of organic plant power and pure joy that lets body, mind, and soul shine.

Body care isn't just good for your skin, but can also grant you the time for conscious, mindful self-care—and ideally, a moment of happiness. Whether it's just five minutes a day or 50: The important thing is to take time for yourself and establish a me-time ritual in your everyday life.

For Karim Sattar, Global Communication Expert and Skincare Specialist at PRIMAVERA, it provides a crucial and mindful start and end point to his day.

"My ritual starts with lighting a candle in the bathroom. I don't listen to any music, I don't watch TV, I don't have my cell phone nearby, I just focus on myself. When I've finished my care ritual, I blow out the candle. As long as the candle is burning, it's all about me." Each PRIMAVERA skincare line includes finely-tuned scent compositions that provide subtle olfactory support for your care ritual.



WANT EVEN MORE HAPPINESS?

Experience the fragrance
as a room spray or blend.
Find out more on page 74.



Happiness

Lemon and tonka not only have a vitalizing and sparkling effect, they also invoke a feeling of happiness. With our fragrant experiences, you can give yourself a soothing break and encounter joy, happiness and inner balance. Whether body wash, body lotion, deodorant or hand cream—with five scent families (**Pure Joy, Relaxing, Forest Walk, Sweet Love, Happiness**), you are sure to find the right bodycare products for you and your mood.

ORGANIC HEMP SEED OIL FOR SENSITIVE SKIN AND LIPS



Cold-pressed
hemp seed oil contains
an optimal ratio of linoleic
acid and alpha-linolenic acid.
This combination can help
with sensitive, irritated
skin and dry lips.

We maintain relationships of mutual trust with our organic farm partners and work with them on an equal footing. The Ölmühle Walz mill in the Black Forest region of Germany has been one such partner for many years; it supplies organic hemp seed oil for our Lip Balm Care & Repair and our Happiness Hand Cream.

Nestled amongst the picturesque hills and lakes of Upper Swabia (region in Germany in the federal state of Baden-Württemberg and Bavaria), organic industrial hemp is grown for the Ölmühle Walz mill. As an agricultural crop, hemp is very well suited to organic cultivation. It is robust, requires little irrigation, and is also very suitable for flexible crop rotations. After harvesting, Ölmühle Walz cold-presses the precious oil from threshed and dried hemp seeds. When it comes to hemp seed oil, it is important to us that the farmer and oil miller come from nearby. The Ölmühle Walz oil mill in the Black Forest is our ideal farm partner: the entire production process for our Organic Hemp Seed Oil takes place regionally within a radius of 300 km—from the field to the bottle!

Full Attention to Highest Quality

In the first step, hemp seeds are placed by hand in the press, and heated only to the maximum temperature of the human body. Once the consistency of the pressed material is ideal, the extraction process can begin. This gentle cold-pressing process preserves the oil's vital substances.

The seeds are squeezed gently using a traditional screw press. This heavy cast iron machine works so slowly that the seeds reach only a temperature



Ölmühle Walz uses the power of water from its own five-meter-wide water wheel, which is driven by the millstream.

The combination of traditional, artisanal oil pressing and modern technology and sustainability is unique.



of 40°C during the pressing process. This preserves essential fatty acids and associated materials, and of course the taste and smell. Although the pressing process takes twice as long and the yield is low, this technology from the last century has become a quality feature of the oil mill. The entire project—from cultivation in organic quality, to short transportation routes and gentle processing—is in line with PRIMAVERA's philosophy of producing effective natural products in harmony with nature and people.



"UNESCO has recognized traditional artisanal milling as intangible cultural heritage."

Jochen Hättig,
Ölmühle Walz

Good to know

Special PRIMAVERA Quality

Before the first bottle of hemp seed oil could be delivered, there were numerous trials of different pressing methods and varieties of industrial hemp. Together with the oil mill, we developed "our" Hemp Seed Oil, which is more pleasant-smelling, and therefore better for skincare, and meets our quality standards—with exceptional potency, and as pure as natural as possible.

Find out more about our Farm Partnerships:



Hemp is very well suited for organic cultivation, because it is robust and needs little irrigation.



The hemp seeds – also known as nuts – are harvested starting in September. Their oil content is between 30 and 35%.



DIY

Hemp Rose Face Oil

For skin redness and as an accompanying treatment for neurodermatitis.

- 50 ml Organic Hemp Seed Oil
- 4 drops Organic Rose Essential Oil 3%

Mix Organic Rose Essential Oil 3% into 50 ml of Organic Hemp Seed Oil. Gently pat into clean, damp skin.

Organic hemp seed oil is very nourishing for the skin, and has a regenerating effect. We source it from our organic farm partner in southern Germany. You can find it in our products Lip Balm Care & Repair, Happiness Hand Cream and Organic Hemp Seed Oil.

MOVEMENT IS PURE BLISS

Always in motion

The body and the mind both want to be in constant motion.

Always engaging with the unfamiliar and learning new things is not just the key to a happy life, it also keeps you young. That's why you should explore the world with open eyes and an open mind.

Try hiking, for example; it is considered to be especially healthy, as it challenges all parts of the body.

Exercise not only strengthens our body, but also our soul and our spirit. Especially when we're active in fresh air, we recharge our batteries with every step, every heartbeat, and every breath. Movement awakens feelings very similar to falling in love. Wanting to embrace the world, shouting out loud, or simply taking in the beauty of nature all around us with gratitude are all reactions our body has to sport and exercise. The reason: when we exercise, our serotonin levels rise, bringing us moments of happiness.



Active Comfort Sport Gel has a soothing and calming effect.



We benefit from exercise, especially outdoors, because it causes us to release endorphins, the so-called happiness hormones.



The RICE Method:

First aid for sports injuries

Rest—Take a break, and keep the injured body part still.

Ice—Cold is soothing. A must-have for on the go: Active Comfort Organic Cooling Sport Spray.

Compression—Wrapping with an elastic bandage slows down swelling. Active Comfort Sport Gel also has a soothing, calming effect.

Elevation—Ideally you should elevate the affected part of the body above heart level.

OUR ADVICE
FOR WHEN THINGS
AREN'T RUNNING
SMOOTHLY



Active Comfort Organic Joint Comfort Rub nourishes the skin during mobilization massages that help to reactivate strained joints and restore their flexibility.





COMFORT IS EVERYTHING

AS MUCH TOUCH
AS POSSIBLE



You can find
our brochure
covering
pregnancy,
babies, and
toddlers here:



It's not only babies who need comfort and closeness—touch and skin contact are essential for people of all ages. Being stroked or massaged makes our happiness hormones dance. Closeness is simply good for us. The skin of babies and small children in particular must begin to build up flora and protective barriers, then bring them into balance. Special helpers for this include cold-pressed plant oils, such as our Organic Sweet Almond Oil, which can be used as basic care for the whole family. Almond kernels are cold-pressed to obtain this light yellow highly nourishing plant oil. Our Organic Sweet Almond Oil comes to us from our organic farm partner in Spain.

At the Start

To help alleviate discomfort in a newborn's early days, try using simple warming compresses and wraps. Gentle abdomen massages, applying warmth, or using a different carrying position can also be helpful. Just give it a try, and see how your child reacts.



***Fragrance-free basic care:
As little as necessary,
as natural as possible***

Babies know their mother's scent and associate it with safety and security. This makes it even more important not to overwhelm babies and toddlers with artificial fragrances or various natural fragrances. In the early days, the whole family should avoid perfume and scents in personal care products, detergents, or otherwise. For basic care and baby massages, pure Organic Calendula Oil and Organic Sweet Almond Oil, as well as Organic Shea Butter Raw are ideal.



DIY

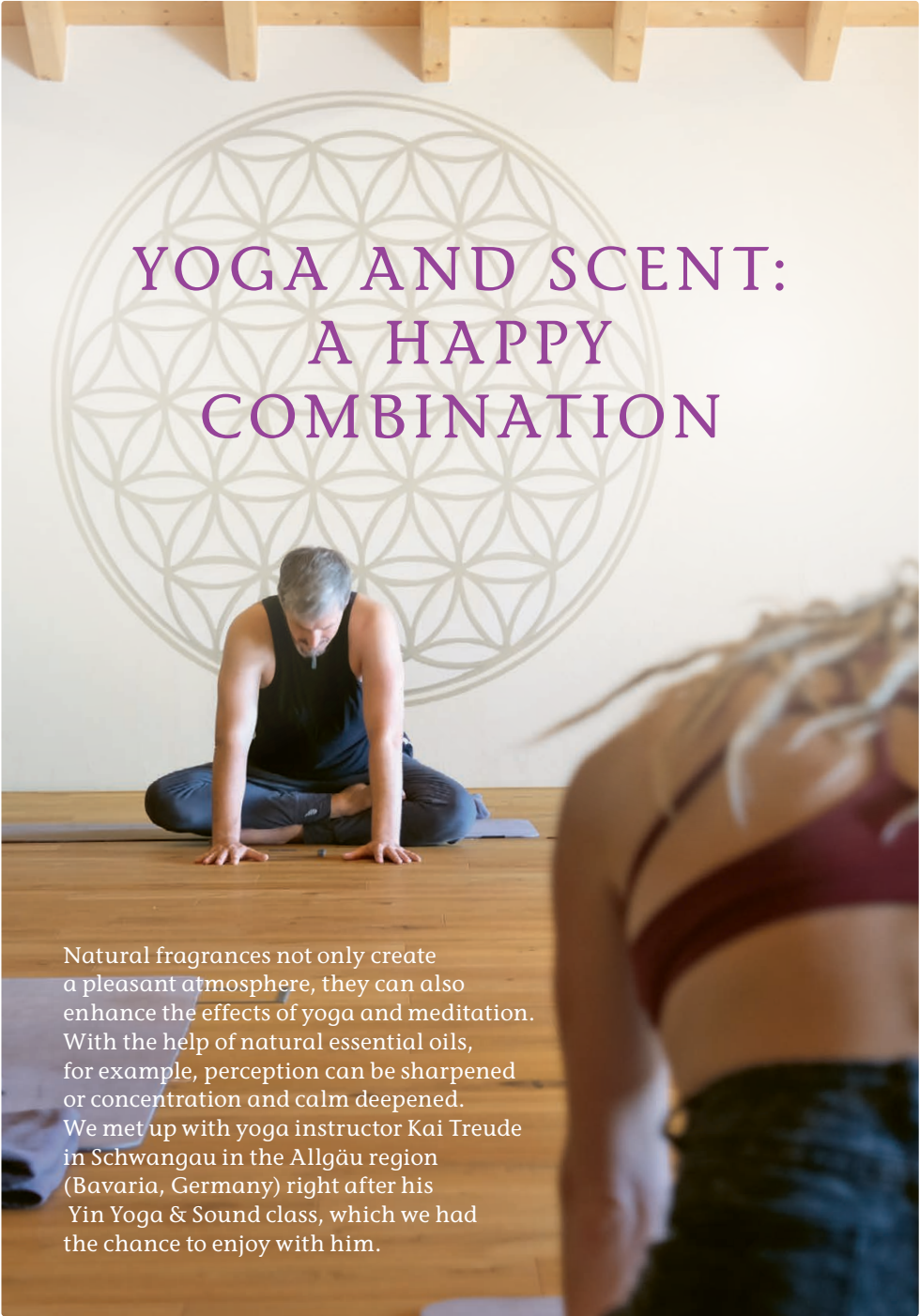
Massage Oil "Belly Caress"
AGES 6 MONTHS AND UP

- 50 ml Organic Sweet Almond Oil
- 1 drop Organic Belly Caress Power Concentrate

Add Organic Belly Caress Power Concentrate to Organic Sweet Almond Oil. Warm a bit of oil in your hands. Then rub in on the baby's belly in circular, soft, clockwise movements, and massage gently. Observe the baby and adjust your touch as needed. Some babies find it uncomfortable to be touched on the belly, but foot massages can also have a very good effect.



Organic Sweet Almond Oil nourishes sensitive skin and is ideal for baby massage, in the bath, or as an unscented body oil for the whole family.

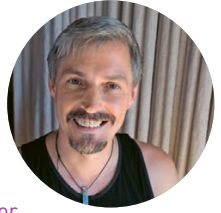


YOGA AND SCENT: A HAPPY COMBINATION

Natural fragrances not only create a pleasant atmosphere, they can also enhance the effects of yoga and meditation. With the help of natural essential oils, for example, perception can be sharpened or concentration and calm deepened. We met up with yoga instructor Kai Treude in Schwangau in the Allgäu region (Bavaria, Germany) right after his Yin Yoga & Sound class, which we had the chance to enjoy with him.

"The combination of aromatherapy and yoga is a wonderful opportunity for holistic self-awareness, and is simply good for you."

Kai Treude, Yoga Instructor



Kai, how exactly do you incorporate aromatherapy into your yoga classes?

If the yoga class is focused on activity and vitality, I like to choose sandalwood or orange scents, for example. Peppermint also helps clear the mind. To create a relaxed atmosphere, I will often use jasmine, lavender, or ginger. With their refreshing, fruity scents, I find citrus notes inspiring.

Your class today was a combination of yoga and meditation – is that the concept of Yin Yoga?

Yes, exactly. In Yin Yoga, soft, flowing (Yin) postures are supported with long, relaxed movements. With conscious breathing, the focus remains entirely on yourself. Today was a holistic experience with yoga elements, scent, breathing, meditation, and sound. So, I just quickly used the Yoga Flow Organic Room Spray from PRIMAVERA. Thanks to its balanced composition, it is suitable for almost every lesson and provides a real sense of wellbeing.

How does a scent diffuse through such a large room like the one here in the yoga area of the hotel?

A diffuser can help a lot to distribute the scent evenly in the room, so that all participants can really feel its fragrance. If I want a quick and easy option, I just walk around the studio using the Yoga Flow Organic Room Spray during class.

How does aromatherapy affect the participants?

In yoga classes, essential oils take us to a deeper level; participants can

establish a more conscious connection to their body and exist consciously in the here and now.

Do you have any tips for us on how to incorporate aromatherapy into yoga or meditation at home?

There are many different possibilities. After airing out the room, I recommend a few spritzes of your favorite room spray or adding a few drops of a blend to a diffuser. Also, Yoga Flow Organic Aroma Roll-On can be applied directly to pulse points and temples before the end relaxation. Yoga Flow Organic Room Spray can also be sprayed directly onto your yoga mat. Simply observe how you perceive the scent, enjoy your mindful breathing, and find your way to your inner center. As a result, you will likely feel completely relaxed and happy.

Yoga instructor Kai Treude grew up in Japan, and gives regular yoga classes and retreats as part of his "Flowing Art" project, including here at the wellness and spa-centered König Ludwig Hotel [Bavaria, Germany.]



Yoga Flow Blend, Aroma Roll-On, and Room Spray can accompany you on the journey to your inner center.



AN ENERGY FIELD OF SCENT, LIGHT, AND PURE JOY



It all started with a group of young people full of dreams, ideas, and visions. A group of friends in the 1980s who thought intensively about how to treat "their" earth. Together, they looked for new ideas to achieve a fair balance between nature and people, a harmony between giving and taking.



A meeting of the PRIMAVERA Founders' Circle of Friends in the Allgäu region (1991): "Values and key principles" were formulated in a "binding constitution", "which guide our daily actions and cooperation, and give each of us and therefore the whole company a profound purpose."

Long before the company was founded, this circle of friends was passionate about essential oils. In fragrant plant essences, they found a treasure that could help them realize their desire to embody a holistic understanding of nature and mankind, that benefitted both. For the friends, essential oils combined the wisdom of nature and the active power of plants for the benefit of mankind. They also recognized that the rediscovery of scented active ingredients corresponded to a basic need of their time, thanks to their equal effect on body, mind, and soul.

"I was simply fascinated and inspired by essential oils. By everything you can do with them, and the sensual experience they offer. I didn't think twice about it, just took the plunge. I had no idea what that would mean, and that was a good thing."

Ute Leube,
Co-Founder & Member
of the Advisory Board, PRIMAVERA

Kurt L. Nübling: "We were looking for alternative ways of living in the sparsely populated, idyllic Allgäu, a region in Bavaria, Germany. For us, most of whom came from cities, the great outdoors held a tremendous fascination. It was also about independence, about self-sufficiency, about being able to provide for ourselves. For us, this also included the question: What can I do for my own health and wellbeing? Ultimately, healing with nature. PRIMAVERA was on the one hand a sensual endeavor—to give people scent, light, and pure joy—and at the same time to create an energy field. To bundle the powers of nature in the form of essential oils into small bottles for people to use." Ute Leube continues: "It was also the time of the emerging environmental movement. We were shocked by the dying forests and wanted to work for a better world. For us, this also started with a healthy, organic diet—we wanted to strengthen our self-healing powers with naturopathy. We believe there is a deep connection between mankind and nature, which can be rediscovered through a holistic and respectful way of life."

The PRIMAVERA company was founded in the spring of 1986 to pursue this shared fascination with the diverse

applications and sensual scents of essential oils.

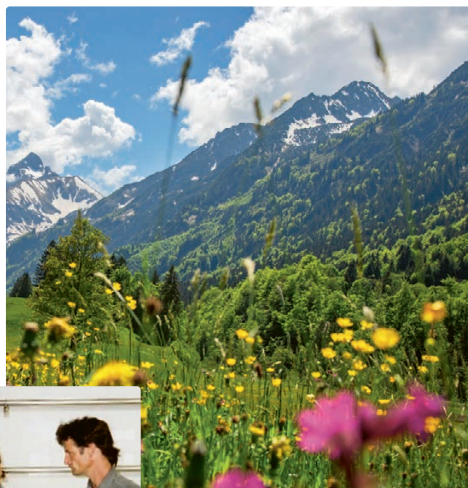
The Best of Nature Direct from Producers

The founders were convinced that healing in the holistic sense could only be achieved through the best possible purity of plant ingredients. Therefore, organic farming was the only way for PRIMAVERA to ensure the best quality. They also wanted to be sure that the right aromatic plants were treated appropriately, carefully distilled and extracted so that they could develop their full healing effect. In the 1980s,



Kurt L. Nübling in Bhutan in 1995 visiting a portable lemongrass distillery for PRIMAVERA.





Kurt L. Nübling
(left) in 1987
with Ulli Wentzler,
PRIMAVERA's
first organic
farm partner.

however, high-quality, all-natural oils were a rarity, and organic products were hard to find. And so PRIMAVERA set out to find farmers and agricultural cooperatives that could deliver organic quality, and shared the vision of the young company. One year after the company was founded, the first organic farm partner was found in Ulli Wentzler, a young farmer from France. This friendly business relationship remains based above all on mutual trust, even to this day.

Trusted Partnerships Worldwide

As a pioneer for certified organic cultivation and fair trade relations, PRIMAVERA has launched further projects year after year, which continue to provide many of the organic plant

Our exclusive organic farm partner Nuri Kalay from Turkey (shown here with Ute Leube) first visited PRIMAVERA in Germany in 1989. White Thyme was the first essential oil for PRIMAVERA resulting from the Taurus Project.

"Light is energy that plants and people need in order to develop their full power. Our essences are created from plants. The essences have a holistic health-promoting effect and bring us into harmony with ourselves. This creates new energy. Quality of life. Pure joy. A transformation that we experience every year in spring. PRIMAVERA – Italian for spring."

Kurt L. Nübling,
Co-Founder & Managing Director
of PRIMAVERA

ingredients for PRIMAVERA. Like-minded people were found all over the world, who became colleagues working towards a common cause. People who shared the same values, above all a love of nature, passion for essential oils and a commitment to the purest quality. Today, PRIMAVERA sources over 100 organic plant ingredients from 16 organic farm partners in 21 countries, including Bhutan, Nepal, Peru, India, France, Italy and many more.

Drawing Strength from Nature

It took a lot of persuasion for this pioneer of organic aromatherapy to realize its vision. Despite challenges, the com-





Our Naturparadies is a symbol of the harmonious and appreciative coexistence between man and nature. To date, more than 110,000 plants, roses, herbs, trees, and wild shrubs have been planted, and diverse habitats for animals and plants have also been created to help maintain the highest possible biodiversity.

pany's development was characterized by steady growth. In order to meet increasing demands for space, and to be able to keep an eye on every part of its entire value chain, an innovative new building was planned, and designed in harmony with nature. Ten years later, in 2010, PRIMAVERA realized its vision of an extraordinary company building and premises. The address: Naturparadies 1 in the Oberallgäu municipality of Oy-Mittelberg (village in Bavaria, Germany.)

Anyone who has had the chance to visit will not be able to imagine another home for PRIMAVERA. Nestled in the Allgäu countryside, the building and its scent and natural skincare shop blend harmoniously into the landscape. The aim was to create a place where people can find biodiversity, vitality, and inspiration. Visitors can experience the vision of an energy field of scent, light, and pure joy on the five-hectare site. You can clearly feel how everything is connected and circular, and existing synergy. As Kurt L. Nübling says: "In the end, it is always about energy, about the flow of life."



Trip Advice

Experience scent, light, and pure joy in our natural paradise in Oy-Mittelberg in the Allgäu region. Our headquarters is embedded in a unique, fragrant rose and medicinal herb garden, which invites exploration and experience; round off your visit in our Scent and Organic Skincare Shop.

Come with us on a virtual tour through our natural paradise:



SWEET DREAMS...

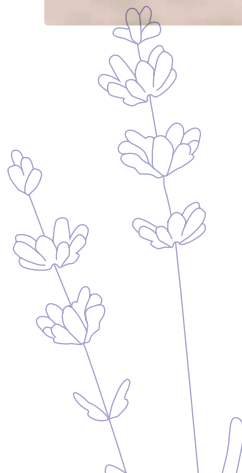
Our key points
for creating a restful
setting for sleep.

It should be a regular evening ritual: take time for yourself in the bathroom, enter your quiet bedroom, air out the room, apply a few sprays of Sleep Comfort Organic Pillow Mist to a soft pillow, or add a few drops of Sleep Comfort Organic Blend with lavender, neroli, and vanilla to a diffuser. Snuggle up, and find a comfortable position in your bed, maybe read a few soothing lines from a book, or perhaps just let your mind wander. The day is coming to an end, and the night lies ahead of us. We never remember the exact moment we fall asleep—it just happens. Body and soul get what they need: relaxation and regeneration.



The scent of lavender accompanies us through a restful night of sleep.

That's why it is the lead plant in our Sleep Comfort range; it prepares us for a pleasant night and a relaxed awakening.





ENJOY YOUR
FAMILIAR BEDTIME
RITUAL EVEN
WHILE TRAVELING.



Sleep Comfort Organic Blend
Relaxing and calming—also
ideal for scented baths.
For a full bath, mix a maximum
of 10 drops of the scented blend
with 3 tablespoons of sea salt,
and add to running bathwater.



Our **Let Go Blend** with lavender
and iris gives you the strength
and serenity to simply leave any
thoughts or experiences behind.



Simply
sprinkle on a few drops:
Aroma Stone Lotus Flower
lets scents blossom. Ideal
for the night and the bedroom.

NATURALLY SCENTED DREAMS

After a long day, sink gently into soft
pillows, and breathe in a feeling
of security—the best condition
for a restful night and relaxed
sleep. Spray Sleep Comfort
Organic Pillow Mist into the air
or directly onto your pillow,
and feel the hectic pace
of daily life slip away.
Create your own true feeling
of home. With this in mind:
sleep well!

**Sleep Comfort
Organic Pillow Mist**



SLEEP WELL!

Five Tips for a Relaxing Rest
and a Good Night's Sleep.



1 CREATE A RELAXING ATMOSPHERE

Your bedroom should be a place of peace and relaxation, and should be completely focused on the experience of sleep. This includes reducing things to the essentials, nothing too garish, keep things tidy, with plenty of fresh air. A few puffs of Relaxed Organic Room Spray can help to create a cozy atmosphere.

2 KEEP FIXED BEDTIMES

Try to go to bed at the same time every night, and get up at the same time every morning. A regular sleep-wake rhythm helps your body to prepare for sleep, and makes it easier to fall asleep.

3 RELAXATION EXERCISES BEFORE BED

Relaxation techniques like meditation, breathing exercises, or gentle yoga positions can initiate relaxation and become a personal evening ritual to calm the mind and prepare the body for sleep.

4 A DIGITAL DETOX FOR YOUR BEDROOM

Electronic devices such as smart-phones, tablets or televisions should have no place in the bedroom. Blue light from these devices can affect melatonin levels (the sleep hormone), making it difficult to fall asleep. Relaxing activities such as reading, or listening to audio books or soft music are a much better choice.

5 NATURAL SLEEP AIDS

Create a restful environment for yourself by scenting with essential oils, drinking soothing teas, or taking relaxing baths to prepare you for sleep. lavender, neroli and vanilla all have calming properties. Experiment to find out which natural fragrances work best for you.



Relaxed Organic Room Spray with lavender, benzoin siam, and ho leaf helps us wind down and brings peace and relaxation into our everyday lives.



Sleep Comfort Organic Aroma Roll-On
The perfect companion for travel and jet lag. Applied to the neck and temples, it ensures restful sleep at home and on the go.

Creating Family Rituals

A child's day is exciting. Full of fascinating, spectacular, but also exhausting experiences. This makes a restful night all the more important for kids. During this time of rest and regeneration, children are able to process the events of the day and turn them into dreams. A cozy sleep situation is particularly helpful. The gentle scent of Sleep Comfort Organic Baby & Kids Balm creates a calming sleep ritual when massaged into the feet or rubbed onto the chest and back.

**Sleep Comfort
Organic Baby &
Kids Balm**

6 months
and up



AN OVERVIEW OF OUR PRODUCTS

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Fragrant Wellbeing
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Simply Mix it Yourself

ORGANIC SKINCARE—FACE

Loving Your Skin

Nature gives us superfoods for the facial skin that supply moisture, bring balance, and keep mature skin radiant.



Tip

For a rich nighttime treatment, mix a small amount of Hydrating Face Fluid with a couple drops of Hydrating Face Oil.



PRODUCT LINE

PRODUCT NAME

○ **CLEANSING**
*Uniquely fresh
and natural—for all
skin types*

Cleansing Oil—Calming & Softening

Cleansing Milk—Soft & Delicate

Cleansing Gel—2 in 1 Deep Cleanse

Peeling Gel—Deeply Cleansing & Renewing

● **HYDRATING**
*A source of pure
moisture—for normal,
dry and sensitive skin*

Face Toner—Ultra Hydrating

Face Fluid—Pollution Protection

Face Cream—Ultra Soft & Calming

Vital Face Oil—Moisturizing & Protective

Eye Roll-On—Instantly Cooling

Starter & Travel Set Hydrating

● **PURE BALANCE**
*Skin in balance
—for combination
and oily skin*

Face Toner—Clarifying & Pore Minimizing

Cream Fluid—Mattifying

Spot Acute Gel

Starter & Travel Set Pure Balance

● **GLOWING AGE**
*Timeless radiance
—for mature,
demanding skin*

Toning Lotion—Perfectly Illuminating

Day Cream—Ultimate New Aging

Night Cream & Mask—Smoothing & Renewing

Rich Face Oil—Regenerating

Eye Cream—Brightening

Starter & Travel Set Glowing Age

● **ENERGY BOOST**
*Natural glow—for all
skin types*

Hyaluron Serum—De-Stressing & Regenerating

Vitamin C Serum—Illuminating & Balancing

Eye Cream for Face—Cell Renewing

LIP CARE

● Lip Balm Care & Repair

● Lip Balm Care & Glow

More information
on Organic Skincare
Face:



PRODUCT DESCRIPTION

	ART. NO.	VOL- UME
The cleansing oil reliably removes make-up and leaves a silky skin sensation.	27330	100 ml
The soft cleansing milk cleans gently and effectively, making the skin feel smooth.	27310	100 ml
Reliably removes oil and dirt to ensure a clear, fresh skin.	27300	100 ml
Naturally and gently removes dead skin cells for a glowing skin result.	27320	60 ml
The face toner tonifies and soothes the skin, providing it with moisture.	27400	100 ml
The light face fluid supplies moisture to normal and dry skin.	27410	30 ml
Moisturizing, gentle face cream for normal and sensitive skin.	27440	30 ml
Light face oil for normal and dry skin—thorough care for improved elasticity.	27430	30 ml
The refreshing roll-on removes swelling and nurtures the area around the eyes.	27420	12 ml
Contents: Cleansing Milk (25 ml), Face Toner (28 ml), Face Fluid (8 ml)	44495	
The face toner for combination skin purifies pores for a clear complexion.	27500	100 ml
The light cream fluid for combination skin mattifies and regulates oil production.	27510	30 ml
The effective quick care for pimples and blackheads. For clear, even skin.	27520	10 ml
Contents: Cleansing Gel (25 ml), Face Toner (28 ml), Cream Fluid (8 ml)	44496	
Massage the gentle toning lotion into the skin for a moisturizing and pampering effect.	27600	100 ml
The smoothing face cream enhances natural skin elasticity and has a regenerative effect.	27660	30 ml
Regenerating, tightening leave-on mask and night cream with a vitalizing effect.	27650	50 ml
Face oil for demanding skin. Preserves intense moisture and firmness.	27630	30 ml
Eye cream for a fortified eye region. Reduces shadows and wrinkles beneath the eyes.	27620	15 ml
Contents: Cleansing Milk (25 ml), Toning Lotion (28 ml), Day Cream (8 ml)	44497	
Smooths, hydrates and makes the skin look extraordinary fresh.	27700	30 ml
Reduces irregular pigmentation and improves complexion for a glowing skin.	27710	30 ml
The effective, innovative cream tightens the forehead, eye and mouth areas.	27720	25 ml
Intensely nourishing lip care with organic hemp seed oil, organic jojoba oil and lemon.	27760	4.6 g
Gently nourishing lip balm. Natural glow for sensual lips.	27765	4.7 g



VEGAN

ORGANIC SKINCARE—BODY

Fragrant Wellbeing

Start the day refreshed with natural scent experiences that sensually pamper the skin, and provide calming breaks.



Spray Pure Joy Body Spray and enjoy the lively, mood-boosting freshness. Then, immediately apply Happiness Body Oil. It will quickly absorb, and provide a warm and sunny feeling.

ÖKO-TEST
PRIMAVERA
Lebensfreude
Körperspray 100 ml
Sehr gut
ÖKO-TEST 08/2023

PRODUCT LINE	PRODUCT NAME
● SWEET LOVE <i>Sensuality and harmony —pampering, luscious scent of organic rose and organic mandarin</i>	Body Wash Body Oil Hand Cream Body Butter
● HAPPINESS <i>Sunshine for the soul —invigorating, zesty scent of organic lemon and organic tonka</i>	Body Wash Body Lotion Body Oil Hand Cream Deodorant Cream
● PURE JOY <i>A source of true bliss —refreshing, energizing scent of lime and organic ginger</i>	Shower Lotion Body Lotion Dry Oil Body Spray Refreshing Deodorant Lemongrass Ginger Natural Bar Soap
● RELAXING <i>Body in balance—harmo- nizing and calming scent of organic lavender and organic vanilla</i>	Shower Lotion Body Cream Fluid Body Oil Soothing Deodorant Hand Cream
● FOREST WALK <i>Strength and clarity— activating and rejuvenating scent of organic cedar wood and organic cypress</i>	Body Wash Body Scrub Dry Oil Deodorant Cream
● REFRESHING	Shower Gel



PRODUCT DESCRIPTION

ART.
NO.VOL-
UME

Gentle, skin-friendly cleansing. Sensual and harmonizing scent.	26730	200 ml
Intensively nourishing skincare for a silky, soft feeling.	26700	100 ml
The rosy-light formula soothes, protects and nourishes the skin.	26740	50 ml
Rich, pampering formula for a soft and silky skin sensation.	26710	150 ml
Gentle, skin-friendly cleansing. The light and sunny scent composition makes you instantly happy.	26830	200 ml
Quickly absorbing lotion, providing intense hydration. Activates and energizes the skin.	26810	200 ml
Nourishes and protects the skin, leaving a refreshed and soft skin sensation.	26800	100 ml
Light, zesty formula that regenerates, activates and nourishes the skin.	26840	50 ml
Neutralizes odor-causing bacteria. 24-hour protection, without aluminum salts or alcohol.	26850	45 ml
Gentle and mild cleansing for a pleasant skin sensation with a fruity and fresh scent.	26630	200 ml
Absorbs quickly, providing intense hydration. Activates the skin barrier.	26610	200 ml
Quickly absorbed body oil. Creates a soft, well-tended skin sensation without sheen.	26600	100 ml
A mood-boosting, fresh kick that energizes skin and senses. Moisturizes and revitalizes.	26670	100 ml
Neutralizes odor-causing bacteria. 24-hour protection, without aluminum salts.	26650	50 ml
Gentle cleansing with a fresh scent. Handmade in Bhutan.	73161	100 g
Gentle cleansing for a pleasant skin sensation. Enveloping, velvety-warm scent.	26530	200 ml
Intense nourishment with a light texture. Luscious, soothing care.	26510	200 ml
Provides thorough skin nourishment. Activates the skin barrier. Valuable for dry skin.	26500	100 ml
Neutralizes odor-causing bacteria. 24-hour protection, without aluminum salts or alcohol.	26550	50 ml
Soothing, nourishing formula that moisturizes and activates the skin barrier.	26540	50 ml
Gentle, skin-friendly cleansing with a woody-fresh and herbal-clear scent composition.	26930	200 ml
Naturally and gently removes dead skin cells for a vitalized skin with a healthy glow.	26960	200 ml
Quickly absorbed body oil. Creates a soft, well-tended skin sensation without sheen.	26900	100 ml
Neutralizes odor-causing bacteria. 24-hour protection, without aluminum salts or alcohol.	26950	45 ml
Invigorating and activating, clean effect. Refreshing scent of organic mint and organic silver fir.	26430	200 ml

Limited
Edition

VEGAN

All products are vegan except the Happiness and Sweet Love Hand Creams.
 *PRIMAVERA Pure Joy Body Spray received top grade "very good" by Eco-Test
 (trusted German-language consumer magazine) in 2023.

ORGANIC PLANT OILS & ALOE VERA GEL

Pure Plant Power for Your Skin

All-purpose care products for the whole family; can be combined with essential oils for aromatherapy usage.

More
information on
Aromatherapy:



PRODUCT NAME	PRODUCT DESCRIPTION	QUALITY	ART. NO.	VOL- UME
Organic Aloe Vera Gel	This moisturizing gel reduces skin redness and has a mild cooling effect.	ORG	74600	75 ml
Organic Apricot Kernel Oil	Smoothing and elasticity-promoting, for tired, demanding skin. Effective during pregnancy.	ORG	74351	100 ml
Organic Argan Seed Oil	Regenerates, strengthens and nourishes dry, demanding skin, hair and scalp.	ORG	74261	30 ml
Organic Arnica Oil	Activating and alleviating skincare for intensive physical strain and exertion.	ORG	74552	50 ml
Organic Avocado Oil	Regenerating and nourishing, for very dry, rough skin.	ORG	74353	100 ml
Organic Calendula Oil	Protective and soothing care for sensitive skin. Appeases irritated, reddened skin.	ORG	74354	100 ml
Organic Pomegranate Seed Oil	Tightening and lifting effect on demanding skin. Also strengthens sensitive cuticles.	ORG	74262	30 ml
Organic Hemp Seed Oil	Soothes sensitive, irritated skin. Accompanying care for atopic dermatitis.	ORG	74555	50 ml
Organic St. John's Wort Oil	Appeasing and warming. Promotes skin regeneration through soothing massages.	ORG	74556 74356	50 ml 100 ml
Organic Jojoba Oil	Tightening and moisture-preserving. Promotes skin elasticity; ideal care for oily skin.	ORG	74557 74357	50 ml 100 ml
Organic Sweet Almond Oil	Soothing and protective for sensitive skin. A gentle plant oil for the whole family.	ORG	74558 74358	50 ml 100 ml
Organic Evening Primrose Seed Oil	Soothes and fortifies irritated skin. Accompanying care for atopic dermatitis.	ORG	74263	30 ml
Organic Sallow Thorn Oil	Regenerates irritated skin, also very effective for oral mucosa care.	ORG	74264	30 ml
Organic Black Cumin Oil	Skin-strengthening, appeasing plant oil. Accompanying care for atopic dermatitis.	ORG	74559	50 ml
Organic Sesame Oil	Enveloping, strengthening, warming - for sensitive skin. Excellent massage oil with a soothing effect.	ORG	74360	100 ml
Organic Shea Butter raw	Protective and regenerating intensive care. Smoothes chapped, rough skin.	ORG	74298	45 ml
Wheat Germ Oil	Promotes skin elasticity. Supportive skin care during and after pregnancy.	100% pure and natural	74561	50 ml
Organic Rose Hip Seed Oil	Intensive regeneration for irritated, demanding skin, also effective as scar treatment.	ORG	74265	30 ml



ORGANIC PLANT WATERS

Gentle Aromatherapy for Skin and Soul

The multifaceted Organic Plant Waters (hydrosols) pamper skin and soul. The naturally fragrant mist gives you a break from daily life and offers soothing refreshment for face and body.



PRODUCT NAME	PRODUCT DESCRIPTION	QUALITY	ART. NO.	VOL- UME
Organic Witch Hazel Water	The tangy-herbal witch hazel hydrosol clarifies and soothes, perfect for combination skin.	ORG	74131	100 ml
Organic Immortelle Water	The warm, spicy hydrosol of the immortelle plant has a regenerative effect on tired skin.	ORG	74132	100 ml
Organic Lavender Water	The herbal, sweet hydrosol of true lavender soothes sensitive skin.	ORG	74133	100 ml
Organic Orange Blossom Water	The sweet, flowery neroli hydrosol has a balancing effect on the skin and senses.	ORG	74134	100 ml
Organic Peppermint Water	The clear, minty peppermint hydrosol clears the head and cools the skin.	ORG	74135	100 ml
Organic Rose Water	The rosy, flowery hydrosol of the Damascus rose opens up the heart. Acts harmonizing and enveloping.	ORG	74130	100 ml
Organic Swiss Pine Cedar Water	The woody-fresh scent has a grounding effect while the hydrosol itself is a refreshment for the skin.	ORG	74136	100 ml
Organic SOS Spray	The fresh, flowery scent caresses the soul and soothes the skin.	ORG	74108	30 ml



*Close your eyes,
enjoy the scent.*

As a gentle form of aromatherapy, the versatile Organic Plant Waters (hydrosols) pamper skin and soul.

The naturally fragrant mist provides you with precious moments of relaxation in everyday life and offers soothing refreshment. Simply spray over your head and face, close your eyes, enjoy the scent, and think of something beautiful.



VEGAN

ESSENTIAL OILS & EXTRACTS

100% Pure and Natural

Power packs full of concentrated plant power, these holistic natural “medicine cabinets” bring body, mind and soul into balance.

Good
to know

SCENT NOTE BASICS

Each essential oil has its own individual scent, which is divided into top, heart, and base notes. In order to create a particularly well-rounded fragrance, in perfumery, all the different notes are usually composed together to create an especially well-rounded fragrance.



Top Note (perceptible for up to approx. 2 h)

- stimulating, refreshing, enhancing concentration
- mostly coniferous and citrus oils (e.g. Swiss pine, peppermint, orange)



Heart Note (develop more slowly, approx. 3–4 h)

- harmonizing, balancing, inspiring
- mainly blossoms (e.g. rose), mostly medicinal herbs (e.g. lavender fine) and spice oils (e.g. cinnamon bark)



Base Note (long-lasting, for approx. 5–8 hours)

- grounding, centering
- usually wood, root, and resin oils (e.g. cedar, vetiver, frankincense)



Guidance on blending essential oils for skin care can be found online:





	ESSENTIAL OIL <i>Botanical name</i>	QUALITY	NOTE	PROFILE	TOPIC	DOSAGE ¹	ORIGIN	PLANT PART, EXTRACTION	ART. NO.	VOLUME
A	Angelica Root org. <i>Angelica archangelica</i>	ORG	♥	earthy, herbal, bitter, aromatic	strengthening, warming	5 drops	France	root, distillation	10235 10500	1 ml 5 ml
	Anise Seed org. <i>Pimpinella anisum</i>	ORG	👤	sweet, warm, soft, fennel-like	relaxing, balancing	5 drops 🛀	France	seed, distillation	10104	5 ml
B	Basil org. <i>Ocimum basilicum</i>	ORG	👤	herbal, sweet, fresh, green	encouraging, uplifting	3 drops 🛀	Egypt/ Nepal	herb, distillation	10605	5 ml
	Bay Leaf org. <i>Laurus nobilis</i>	ORG	♥👤	powerful, clear, spicy, fresh	stimulating, enhances concentration, clarifying	1 drop 🛀	Bosnia	leaf, distillation	10196	5 ml
	Benzoin Siam org. <i>Styrax tonkinensis</i>	ORG	■	warm, sweet, vanilla-like	enveloping, calming, soothes the soul	7 drops	Thailand	resin, alcohol extraction	10504	5 ml
	Bergamot org. <i>Citrus bergamia</i>	ORG	👤	fresh, green and fruity, light, lively	refreshing, uplifting, feel-good fragrance	1 drop 🛀	Italy	peel, cold pressing	10240 10239 15300	5 ml 10 ml 50 ml
	Blood Orange demeter <i>Citrus sinensis</i>	demeter	👤	fruity, warm, sweet	uplifting, balancing	10 drops	Italy, Brazil, Argentina	peel, cold pressing	10501	5 ml
	Blood Orange org. <i>Citrus sinensis</i>	ORG	👤	fruity, warm, sweet	uplifting, balancing	10 drops	Brazil/ Argentina	peel, cold pressing	10502	5 ml
	Broom Absolute 15% <i>Spartium junceum</i> 15%, Organic Alcohol 85%	conv.	♥	floral, honey, - and hay-like	balancing, inspiring	10 drops	France	flower, solvent extraction	11109	5 ml
	Cajeput org. <i>Melaleuca leucadendron</i> var. <i>cajuputi</i>	WH	👤	eucalyptus-like, fresh, spicy	purifying, clarifying	17 drops	Indonesia	leaf, distillation	10513	5 ml
C	Cardamom org. <i>Elettaria cardamomum</i>	ORG	♥■	exotic, spicy	stimulating, warming, aphrodisiac	10 drops	Sri Lanka/ Guatemala	seed, distillation	10133	5 ml
	Carrot Seeds <i>Daucus carota</i>	conv.	■	warm, earthy, aromatic	balancing, warming	4 drops	France	seed, distillation	10176	5 ml
	Cedar Wood (Atlas Cedar) <i>Cedrus atlantica</i>	WH	■♥	woody, warm, balsamic	balancing, stabilizing	2 drops	Morocco	wood, distillation	10595 10095	5 ml 10 ml
	Cedar Wood org. (Atlas Cedar) <i>Cedrus atlantica</i>	ORG	■♥	woody, warm, balsamic	balancing, stabilizing	2 drops	Morocco	wood, distillation	10164	5 ml
	Chamomile Blue org. <i>Chamomilla recutita</i>	ORG	♥	herbal, warm, enveloping	relaxing, balancing	3 drops	Egypt	flower, distillation	10110 10151	1 ml 5 ml
	Chamomile Roman org. <i>Chamomilla nobile</i>	ORG	♥	warm, herbal	balancing, relaxing	5 drops	France/ Hungary	herb, distillation	10033 10152	1 ml 5 ml
	Cinnamon Bark Ceylon org. 30% <i>Cinnamomum zeylanicum</i> 30%, Organic Alcohol 70%	ORG	♥	sweet-tangy, spicy	warming, stimulating, inspiring	15 drops	Sri Lanka	bark, distillation	10594	5 ml

demeter = controlled organic/dynamic cultivation, ORG = controlled organic cultivation/controlled organic wild harvesting.

WH = wild harvesting, conv. = conventional cultivation. ¹Recommended dosage: maximum number of drops in 50 ml PRIMAVERA plant oil.

👤 pure, punctual drop on skin | 🛀 as bath additive | 🏠 for room scenting

	ESSENTIAL OIL <i>Botanical name</i>	QUALITY	NOTE	PROFILE	TOPIC	DOSAGE¹	ORIGIN	PLANT PART, EXTRACTION	ART. NO.	VOLUME
	Citronella org. <i>Cymbopogon nardus/ winterianus</i>	ORG	👤	fresh, lemony	activating, invigorating, balancing	3 drops	Nepal	leaf, distillation	10508	5 ml
	Clary Sage org. <i>Salvia sclarea</i>	ORG	👤❤️	herbal, warm, sweet	balancing, invigorating, enchanting	3 drops	France	herb, distillation	10056	5 ml
	Clove Bud org. <i>Syzygium aromaticum</i>	ORG	❤️	warm, spicy, sweet, sharp	warming, stimulating	3 drops	Sri Lanka	bud, distillation	10061	5 ml
	Coriander Seed org. <i>Coriandrum sativum</i>	ORG	👤❤️	spicy, warm, aromatic	balancing, relaxing	5 drops	France	seed, distillation	10166	5 ml
	Cocoa Extract org. <i>Theobroma cacao</i>	ORG	❤️	warm, vanilla-like, aromatic	balancing, inspiring	20 drops	Peru	fruit, alcohol extraction	10600	5 ml
	Cypress org. <i>Cupressus sempervirens</i>	ORG	❤️	tangy, clear, resinous, masculine	clarifying, centering, enhances concentration	5 drops 🍷	France	twig, distillation	10603 10103	5 ml 10 ml
D	Douglas Fir org. <i>Pseudotsuga menziesii</i>	ORG	👤❤️	clear, fresh, citrus note	enhances concentration, invigorating	3 drops	France	twigs, distillation	10124	5 ml
E	Eucalyptus Citriodora org. <i>Eucalyptus citriodora</i>	ORG	👤	fresh, citrusy, mild	clarifying, refreshing, purifying	3 drops	Brazil	leaf/twig, distillation	10609	5 ml
	Eucalyptus Globulus org. <i>Eucalyptus globulus</i>	ORG	👤	fresh, clear, camphor-like	refreshing, clarifying, purifying	12 drops	India	leaf/twig, distillation	10518 10018	5 ml 10 ml
	Eucalyptus Radiata org. <i>Eucalyptus radiata</i>	ORG	👤	fresh, clear, herbal, active	clarifying, refreshing, purifying	15 drops	Australia/ South Africa	leaf/twig, distillation	10220	5 ml
F	Fennel bitter demeter <i>Foeniculum vulgare</i>	Demeter	👤❤️	herbal-sweet, anise-like	relaxing, calming, loosening	5 drops 🍷	Italy	seed, distillation	10521	5 ml
	Fennel sweet org. <i>Foeniculum vulgare</i>	ORG	👤❤️	sweet, warm, anise-like	relaxing, calming, balancing	2 drops 🍷	Egypt	seed, distillation	10529	5 ml
	Frangipani Absolute 20% conv. <i>Plumeria acutifolia</i> 20%, Organic Alcohol 80%	conv.	❤️	exotic, sweet, flowery, heavy	balancing, inspiring	10 drops	France/ India	flower, solvent extraction	11108	5 ml
	Frankincense African org. (previously Arabic) <i>Boswellia carterii</i>	ORG	👤	resinous, sweet, balsamic	cleansing, balancing, for meditation	15 drops	Somalia	resin, distillation	10179	5 ml
	Frankincense Indian <i>Boswellia serrata</i>	WH	👤	resinous, fresh	cleansing, balancing, for meditation	3 drops	India	resin, distillation	10698	5 ml
G	Galbanum <i>Ferula galbaniflua</i>	conv.	👤❤️	warm, spicy, resinous	balancing, warming	3 drops	Iran	resin, distillation	10023	5 ml
	Geranium org. <i>Pelargonium graveolens</i>	ORG	❤️	warm, rosy, flowery	balancing, sensual, stimulating	15 drops	Egypt	herb, distillation	10643 10143	5 ml 10 ml
	Ginger org. <i>Zingiber officinale</i>	ORG	👤❤️	citrus-like, fresh, spicy	vitalizing, strengthening	2 drops	Sri Lanka/ Madagascar	root, distillation	10528	5 ml
	Grand Fir org. <i>Abies grandis</i>	ORG	👤	fresh, clear woody, citrusy	refreshing, balancing, enhances concentration	3 drops	France	twig, distillation	10172	5 ml
	Grapefruit org. <i>Citrus paradisi</i>	ORG	👤	zesty, fresh, fruity	refreshing, enhances concentration, uplifting	2 drops	Argentina	peel, cold pressing	10148	5 ml
H	Himalayan Cedar Extra <i>Cedrus deodara</i>	WH	👤❤️	woody, warm, balsamic	strengthening, regenerating	2 drops	India	wood, distillation	10526	5 ml
	Himalayan Pine org. <i>Pinus wallichiana</i>	ORG	👤	woody, fresh, balsamic	uplifting, strengthening, comforting, a rare scent	8 drops	Bhutan	twig, distillation	10532	5 ml

	ESSENTIAL OIL <i>Botanical name</i>	QUALITY	NOTE	PROFILE	TOPIC	DOSAGE*	ORIGIN	PLANT PART, EXTRACTION	ART. NO.	VOLUME
	Ho-leaf <i>Cinnamomum camphora</i> c.t. <i>linalool</i>	conv.	■♥	soft, fine	balancing, inspiring	2 drops	Taiwan	twigs, distillation	10524	5 ml
	Honey Extract org.	ORG	■	warm, sweet, waxy note	balancing, kid's favorite	20 drops	France	honey/honey-comb, alcohol extraction	10525	5 ml
	Hyssop org. <i>Hyssopus officinalis</i>	ORG	♂	spicy, clear, sweet, honey note	clarifying, purifying, for meditation	3 drops	France/Italy/Bulgaria	herb, distillation	10094	5 ml
I	Immortelle demeter <i>Helichrysum italicum</i>	demeter	■♥	sweet, herbal, warm	energizing, relaxing	2 drops	France	herb, distillation	10027 10025	1 ml 5 ml
	Iris 1% <i>Iris pallida</i> , <i>Michelia champaca</i> 1%, Organic Alcohol 99%	conv.	♥	violet-like, fine, radiating	balancing	20 drops	Italy	root/flower, distillation	11110	5 ml
J	Jasmine Absolute <i>Jasminum grandiflorum</i>	conv.	♥	beguiling, floral, sensual	enchanting, arousing	3 drops	India	flower, solvent extraction	10150	1 ml
	Jasmine Absolute 4% <i>Jasminum grandiflorum</i> 4%, Organic Alcohol 96%	conv.	♥	beguiling, floral, sensual	enchanting, arousing	20 drops	India	flower, solvent extraction	11120	5 ml
	Jasmine Sambac Absolute <i>Jasminum sambac</i>	conv.	♥	beguiling	enchanting	5 drops	India	blossom, solvent extraction	10190	1 ml
	Juniper Berry org. <i>Juniperus communis</i>	ORG	♂	powerful, fruity, green, woody	cleansing, stimulating, awakening	4 drops	Bulgaria/Bosnia-Herzegovina	fruit, distillation	10607	5 ml
	Juniper org. <i>Juniperus communis</i>	ORG	♂	fresh, green, woody	cleansing, stimulating, activating	3 drops	France	twig/fruit, distillation	10173	5 ml
L	Labdanum org. <i>Cistus ladanifer</i>	ORG	■♥	warm, herbal, aromatic	warming, balancing	5 drops	Spain	herb, distillation	10011	5 ml
	Larch org. <i>Larix decidua</i>	ORG	♂	woody, soft, gentle	energizing, stabilizing	6 drops	Austria	twig, distillation	10538	5 ml
	Laricio Pine Extra org. <i>Pinus laricio</i>	WH ORG	♂♥	resinous, woody, blossom and citrus notes	clarifying, enhances concentration	7 drops	France	twig, distillation	10038	5 ml
	Lavandin demeter <i>Lavandula X intermedia</i>	demeter	♥	fresh, herbal, light, clear	refreshing, cleansing	4 drops	Italy	herb, distillation	10541 10041 15304	5 ml 10 ml 50 ml
	Lavender Extra <i>Lavandula angustifolia</i>	WH	♥	fresh, floral, herbal, clear, airy, pure	balancing, uplifting	3 drops	France	herb, distillation	10155	5 ml
	Lavender Fine demeter <i>Lavandula angustifolia</i>	demeter	♥	fresh, herbal, mild	balancing, uplifting	3 drops 1 drop ♂	Italy	herb, distillation	10543	5 ml
	Lavender Fine org. <i>Lavandula angustifolia</i>	ORG	♥	fresh, herbal, mild	balancing, uplifting	3 drops 1 drop ♂	France/Italy	herb, distillation	10542 10042 15314	5 ml 10 ml 50 ml
	Lavender Sage org. <i>Salvia lavandulifolia</i>	ORG	♥	herbal, mild camphor-like, fresh	vitalizing, mind strengthening	2 drops	Spain	herb, distillation	10076	5 ml
	Lemon demeter <i>Citrus limon</i>	demeter	♂	fruity, fresh, clear, zesty	uplifting, refreshing, clarifying, activating	6 drops	Italy	peel, cold pressing	10598	5 ml
	Lemon org. <i>Citrus limon</i>	ORG	♂	fruity, fresh, clear, zesty	uplifting, refreshing, clarifying, activating	6 drops	Argentina/Italy	peel, cold pressing	10599 10099 15311	5 ml 10 ml 50 ml

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WH = wild harvesting, conv. = conventional cultivation. *Recommended dosage: maximum number of drops in 50 ml PRIMAVERA plant oil.

♂ pure, punctual drop on skin | ☞ as bath additive | ♂ for room scenting

	ESSENTIAL OIL <i>Botanical name</i>	QUALITY	NOTE	PROFILE	TOPIC	DOSAGE¹	ORIGIN	PLANT PART, EXTRACTION	ART. NO.	VOLUME
M	Lemon Verbena org. 10% 10% <i>Aloysia citrodora</i> , 90% <i>Cymbopogon flexuosus</i>	ORG	👤	fresh, citrusy, light, clear	refreshing, balancing, inspiring	5 drops 🍷	Buthan/ Nepal	herb, distillation	10217	5 ml
	Lemon Verbena Peru org. <i>Aloysia citrodora</i>	ORG	👤	fresh, citrusy, light, clear	motivating, balancing, inspiring	5 drops	Peru	herb, distillation	10263	1 ml
	Lemongrass org. <i>Cymbopogon flexuosus</i>	ORG	👤	citrusy, fresh, cool, powerful	refreshing, enhances concentration	7 drops	Nepal/ Bhutan	leaf, distillation	10249 10250 15313	5 ml 10 ml 50 ml
	Lime org. <i>Citrus aurantiifolia</i>	ORG	👤	fruity, fresh, zesty	uplifting, refreshing, enhances concentration	1 drop 🍷	Brazil/ Mexico	peel, cold pressing	10193 10693	5 ml 10 ml
	Litsea org. <i>Litsea cubeba</i>	ORG	👤	fresh, clear, citrusy	uplifting, refreshing	9 drops	Vietnam/ China	fruit, distillation	10549	5 ml
	Magnolia Flower 15% <i>Michelia champaca</i> , 85% Organic Alcohol	conv.	♥	fine-floral, sweet, exotic	balancing, enchancing	1 drop	China	flower, distillation	11126	5 ml
	Majoram org. <i>Origanum majorana</i>	ORG	👤	spicy, warm, herbal	relaxing, warming, calming	3 drops	Egypt	herb, distillation	10112	5 ml
	Mandarin Green org. <i>Citrus reticulata</i>	ORG	👤	fruity, fresh, tangy	uplifting, balancing, enhances concentration	10 drops	Brazil	fruit, cold pressing	10051	5 ml
	Mandarin Red <i>Citrus reticulata</i>	conv.	👤	fruity, sweet, sunny	uplifting, balancing, enhances concentra- tion, child's fragrance	10 drops	Italy	fruit, cold pressing	10561	5 ml
	Mandarin Red demeter <i>Citrus reticulata</i>	demeter	👤	fruity, sweet, sunny	uplifting, balancing, enhances concentra- tion	10 drops	Italy	fruit, cold pressing	10520	5 ml
	Mandarin Red org. <i>Citrus reticulata</i>	ORG	👤	fruity, sweet, sunny	uplifting, balancing, enhances concentration	10 drops	Brazil/ Italy	fruit, cold pressing	10137 10020	5 ml 10 ml
	Manuka <i>Leptospermum scoparium</i>	WH	♥	spicy, fresh, tangy and flowery	cleansing, clarifying	2 drops	New Zealand	twig, distillation	10045	5 ml
	Melissa org. <i>Melissa officinalis</i>	ORG	♥	fresh, gentle, warm, honey note	balancing, inspiring, strengthening	2 drops	France/ Bulgaria	herb, distillation	10052	1 ml
	Melissa org. 30% <i>Melissa officinalis</i> 30%, <i>Lavandula angustifolia</i> 70%	ORG	♥	fresh, gentle, warm	balancing, inspiring, strengthening	6 drops	France/ Italy	herb, distillation	10552 10248	1 ml 5 ml
	Mimosa Absolute 15% <i>Acacia dealbata</i> 15%, Organic Alcohol 85%	conv.	♥	delicate, floral, soft, warm	enveloping, balancing	20 drops	Morocco/ France	flower, solvent extraction	11127	5 ml
	Mint Moroccan org. <i>Mentha viridis</i> var. <i>nana</i>	ORG	👤	fresh, light, soft minty note	clarifying, refreshing, enhances concentra- tion	2 drops	Morocco	herb, distillation	10559	5 ml
	Mountain Pine org. <i>Pinus mugo</i>	ORG	👤♥	woody-resinous, fresh, clear	promotes concentra- tion, clarifying, activating	10 drops	Austria/ Italy	twig, distillation	10539	5 ml
	Myrrh org. <i>Commiphora myrrha</i>	ORG	■	bittersweet, deep, balsamic	balancing, purifying, for meditation	5 drops	Somalia/ Ethiopia	resin, distillation	10135	5 ml
	Myrtle Peru org. <i>Myrtus communis</i> c.t. <i>pinen</i>	ORG	👤♥	fresh, clear, green	refreshing, purifying, clarifying	7 drops	Peru	twig, distillation	10209	5 ml
	Myrtle Turkish org. <i>Myrtus communis</i> c.t. 1,8 cineole	ORG	👤♥	fresh, clear, green	refreshing, purifying, clarifying	1 drop	Turkey	twig, distillation	10187	5 ml
N	Neroli org. <i>Citrus aurantium</i> <i>spp. amara</i>	ORG	♥	floral, sweet, fresh	uplifting, relaxing, balancing	5 drops	Morocco/ Egypt	flower, distillation	10158 10169	1 ml 5 ml

	ESSENTIAL OIL <i>Botanical name</i>	QUALITY	NOTE	PROFILE	TOPIC	DOSAGE ¹	ORIGIN	PLANT PART, EXTRACTION	ART. NO.	VOLUME
O	Neroli <i>Citrus aurantium</i> <i>ssp. amara</i>	conv.	♥	floral, sweet, fresh	uplifting, relaxing, balancing	5 drops	Morocco/ Egypt	flower, distillation	10060	1 ml
	Neroli 10% <i>Citrus aurantium</i> <i>ssp. amara</i> 10%, Organic Alcohol 90%	conv.	♥	floral, sweet, fresh	uplifting, relaxing, balancing	20 drops	Morocco/ Egypt	flower, distillation	11121	5 ml
	Niauli org. <i>Melaleuca viridiflora</i>	ORG	👤	clear, herbal, fresh, camphor-like	refreshing, cleansing	6 drops	Madagascar	twig, distillation	10565	5 ml
	Orange demeter <i>Citrus sinensis</i>	demeter	👤	fruity, sweet, warm	uplifting, balancing, beloved by adults and children	10 drops	Italy	peel, cold pressing	10563	5 ml
	Orange org. <i>Citrus sinensis</i>	ORG	👤	fruity, sweet, warm	uplifting, balancing, beloved by adults and children	10 drops	Italy	peel, cold pressing	10562 10062 15308	5 ml 10 ml 50 ml
	Origanum org. 31% <i>Origanum vulgare</i> 31%, Organic Alcohol 69%	ORG	👤♥	spicy, tangy, herbal	warming, stimulating	10 drops	France	herb, distillation	11135	5 ml
P	Osmanthus Absolute 5% <i>Osmanthus fragrans</i> 5%, Organic Alcohol 95%	conv.	♥	exotic, sweet, flowery	balancing, uplifting	20 drops	China	flower, solvent extraction	10074	5 ml
	Oud (Agarwood) 5% <i>Aquilaria agallocha</i> 5%, Organic Alcohol 95%	conv.	■	deep, earthy, smoky, balsamic	rooting, grounding	7 drops	Thailand	wood, distillation	11129	5 ml
	Palmarosa org. <i>Cymbopogon martinii</i> <i>var. motia</i>	ORG	♥	fine, floral, rosy note	caresses the skin, balancing	3 drops	Nepal	herb, distillation	10620	5 ml
	Patchouli org. <i>Pogostemon cablin</i>	ORG	■	earthy, exotic, balsamic	grounding, balancing, arousing	2 drops	Ruanda/In- dia/Sri Lanka	leaf, distillation	10119	5 ml
	Pepper Black org. <i>Piper nigrum</i>	ORG	👤♥	spicy, warm, sharp, intense	warming, stimulating	10 drops	Sri Lanka	fruit, distillation	10127	5 ml
	Peppermint demeter <i>Mentha piperita</i>	demeter	👤	clear, fresh, slightly sweet	activating, re- freshing, clarifying	5 drops 1 drop ⚰	Italy	herb, distillation	10554	5 ml
R	Peppermint org. <i>Mentha piperita</i>	ORG	👤	radiating, fresh, cool, clear	activating, re- freshing, clarifying	5 drops 1 drop ⚰	India	herb, distillation	10553 10053	5 ml 10 ml
	Petit Grain org. <i>Citrus aurantium</i> <i>var. amara</i>	ORG	👤♥	fresh, tangy, mild citrus note	uplifting, stabilizing, balancing	2 drops	Paraguay	leaf/bud, distillation	10050	5 ml
	Pine Needle org. <i>Pinus sylvestris</i>	ORG	👤♥	fresh, resinous, woody, masculine	stimulating, enhances concen- tration, clarifying	4 drops	France	twig, distillation	10211	5 ml
	Propolis Extract org.	ORG	♥	soft, warm, with a hint of honey	calming, strengthening	15 drops	Germany	resin, alcohol extraction	10530	5 ml
	Ravintsara org. <i>Cinnamomum camphora</i> <i>c.t. cineole</i>	ORG	👤	clear, camphor-like	cleansing, re- freshing, balancing	15 drops	Madagascar	twig, distillation	10570	5 ml
	Rose Absolute <i>Rosa damascena</i>	conv.	♥	rosy, heavy, sweet	harmonizing, enchancing	1 drop	Turkey	flower, solvent extraction	10225	1 ml
	Rose Afghan org. <i>Rosa damascena</i>	ORG	♥	rosy, deep, heavy	harmonizing, uplifting	2 drops 🛀	Afghanistan	flower, distillation	10247	1 ml
	Rose Afghan org. 10% <i>Rosa damascena</i> 10%, Organic Alcohol 90%	ORG	♥	rosy, deep, heavy	harmonizing, uplifting	2 drops	Afghanistan	flower, distillation	11136	5 ml

demeter = controlled organic/dynamic cultivation, B10 = controlled organic cultivation/controlled organic wild harvesting.

WH = wild harvesting, conv. = conventional cultivation. ¹Recommended dosage: maximum number of drops in 50 ml PRIMAVERA plant oil:

⚰ pure, punctual drop on skin | 🛀 as bath additive | ⚰ for room scenting

ESSENTIAL OIL <i>Botanical name</i>	QUALITY	NOTE	PROFILE	TOPIC	DOSAGE¹	ORIGIN	PLANT PART, EXTRACTION	ART. NO.	VOLUME
Rose Attar <i>Rosa damascena</i> , <i>Santalum album</i>	conv.	♥	rosy, heavy, full-bodied	harmonizing, uplifting	2 drops 🍷	India	flower/wood, co-distillation	10206	5 ml
Rose Bourbon Absolute <i>Rosa borboniana</i>	conv.	♥	rosy, lush, sweet, beguiling	harmonizing, arousing	1 drop	India	flower, solvent extraction	10228	1 ml
Rose Bulgarian org. 10% <i>Rosa damascena</i> 10%, Organic Alcohol 90%	ORG	♥	rosy, heavy, sweet, mature	harmonizing, uplifting	2 drops	Bulgaria	flower, distillation	11138	5 ml
Rose org. 3% <i>Rosa damascena</i>	ORG	♥	floral, round, soft	balancing, sensual	4 drops	Bulgaria	flower, distillation	11124	5 ml
Rose Persian org. 10% <i>Rosa damascena</i> 10%, Organic Alcohol 90%	ORG	♥	rosy, heavy, full-bodied	harmonizing, uplifting	2 drops	Iran	flower, distillation	11139	5 ml
Rose Turkish org. 10% <i>Rosa damascena</i> 10%, Orga- nic Alcohol 90%	ORG	♥	rosy, heavy, full-bodied	harmonizing, uplifting	2 drops	Turkey	flower, distillation	11143	5 ml
Rosemary Camphor org. <i>Rosmarinus officinalis</i> c.t. campher	ORG	👤	fresh, clear, camphor-like	activating, re- freshing, enhances concentration	15 drops	Portugal/ Spain	herb, distillation	10575 10075	5 ml 10 ml
Rosemary Cineole org. <i>Rosmarinus officinalis</i> c.t. cineole	ORG	👤	clear, fresh, herbal	refreshing, enhances concentration	10 drops	Tunisia	herb, distillation	10185	5 ml
Rosemary Verbenon org. <i>Rosmarinus officinalis</i> c.t. verbenon		👤	cool, clear, fresh	refreshing, clari- fying, enhances concentration	2 drops	France/ Egypt	herb, steam distillation	10576	5 ml
Rosewood org. <i>Aniba rosaedora</i>	ORG	♥	flowery, rosy, delicately-woody	balancing	5 drops	Brazil	wood, distillation	10572	5 ml
S Sage org. <i>Salvia officinalis</i>	ORG	👤	spicy, clear, herbal	purifying, clarifying	1 drop	Bosnia/ Albania	herb, distillation	10577	5 ml
Sandalwood Indian org. <i>Santalum album</i>	ORG	👤♥	woody, warm, balsamic	balancing, inspiring, warming	4 drops	India	wood, distillation	10232	5 ml
Sandalwood New Caledonian org. <i>Santalum austrocaledonicum</i>	ORG	👤♥	fresh, woody, balsamic	balancing, inspiring, warming	4 drops	New Caledonia	wood, distillation	10233	5 ml
Siberian Fir <i>Abies sibirica</i>	WH	👤♥	fresh woodland note, spicy, green	fortifying, cleansing	3 drops	Russia	twig, distillation	10522	5 ml
Silver Fir org. <i>Abies alba</i>	ORG	👤♥	fresh, clear, woody, green	invigorating, cleansing	4 drops	France	twig, distillation	10139	5 ml
Spearmint org. <i>Mentha spicata</i>	ORG	👤	fresh, green, clear, light	refreshing, activating, enhances concentration	1 drop	India	herb, distillation	10614	5 ml
Spike Lavender org. <i>Lavandula latifolia</i>	ORG	♥	fresh, herbal, clear, lavender-like	balancing, re- freshing, activating	4 drops	Spain	herb, distillation	10192	5 ml
Spikenard org. <i>Nardostachys jatamansi</i>	ORG	♥	warm, earthy, valerian-like	warming, stabilizing, balancing	10 drops	Nepal	root, distillation	10560	5 ml
St. John's Wort org. <i>Hypericum perforatum</i>	ORG	♥	hay-like, warm	balancing, uplifting	10 drops	France	herb, distillation	10031	1 ml
Swiss Pine org. <i>Pinus cembra</i>	ORG	👤♥	woody, fresh, clear	strengthening, grounding	12 drops	Italy/ Austria	twig, distillation	10597 10097	5 ml 10 ml
T Tea Tree org. <i>Melaleuca alternifolia</i>	ORG	♥	spicy, herbal, strong, fresh	purifying, refreshing	4 drops	Australia	twigs, distillation	10682 10182	5 ml 10 ml
Thyme Linalool org. <i>Thymus vulgaris</i> c.t. linalool	ORG	👤	mild, sweet, cit- rusy, fresh	purifying, activating, invigorating	4 drops	Spain/ France	herb, distillation	10163	5 ml

	ESSENTIAL OIL <i>Botanical name</i>	QUALITY	NOTE	PROFILE	TOPIC	DOSAGE*	ORIGIN	PLANT PART, EXTRACTION	ART. NO.	VOLUME
	Thyme Thymol org. <i>Thymus vulgaris c.t. thymol</i>	ORG	■♥	intense, herbal, tangy	cleansing, activating, invigorating	5 drops 	Spain	herb, distillation	10583	5 ml
	Thyme Turkish org. <i>Thymus serpyllum/Origanum dubium</i>	ORG	■♥	fresh, mildly herbal	cleansing, activating, invigorating	3 drops	Turkey	herb, distillation	10584	5 ml
	Tonka Extract org. <i>Diptyryx odorata</i>	ORG	■	warm, sweet, bitter almond note	exhilarating, warming	5 drops	Brazil	bean, alcohol extraction	10586	5 ml
	Tuberose Absolute 5% <i>Polianthes tuberosa</i> 5%, Organic Alcohol 95%	conv.	♥	beguiling, floral, sweet, feminine	inspiring, aphrodisiac	20 drops	India	flower, solvent extraction	11130	5 ml
V	Vanilla Extract org. <i>Vanilla planifolia</i>	ORG	■	sweet, warm, balsamic, soft	exhilarating, balancing, aphrodisiac	20 drops	France/Madagascar	flower, alcohol extraction	10087	5 ml
	Vetiver Bourbon mature <i>Vetiveria zizanioides</i>	conv.	■	sensual, special scent feature: wood, tobacco and caramel notes	grounding, relaxing	2 drops	Réunion	root, distillation	10205	5 ml
	Vetiver org. <i>Vetiveria zizanioides</i>	ORG	■	heavy, dark, earthy	grounding, balancing, centering	2 drops	Haiti/Madagascar	root, distillation	10203	5 ml
W	Wintergreen org. <i>Gaultheria procumbens</i>	ORG	♥	green, warm	regenerating, warming	1 drop	Nepal/China	leaf, distillation	10590	5 ml
Y	Yarrow org. <i>Achillea millefolium</i>	ORG	♥	warm, herbal, bitterly- aromatic	harmonizing, relaxing	3 drops	Bulgaria/Hungary	herb, distillation	10581	5 ml
	Ylang Extra superior org. <i>Cananga odorata</i>	ORG	♥	radiating flowery, sweet and exotic notes	enchancing, arousing	3 drops	Madagascar	flower, distillation	10223	5 ml
	Ylang-Ylang Complete org. <i>Cananga odorata</i>	ORG	♥	earthy and flowery, sweet, exotic	enchancing, arousing	3 drops	Madagascar	flower, distillation	10162	5 ml
	Yuzu Lemon <i>Citrus X junos</i>	conv.	👤	fruity, tangy, sweet, slightly bitter	uplifting, balancing, a rare scent	4 drops	Japan	peel, cold pressing	10592	5 ml



Orange demeter
Essential orange oil is ideal to get started with aromatherapy. The fruity-lively-sweet scent immediately provides a good mood and a joyful feeling.

NATURALLY FRAGRANT SETS

Popular Essential Oils in a Set

The ideal addition to your medicine cabinet, as a gift, or simply because it contains your favorite scents.



PRODUCT NAME	PRODUCT DESCRIPTION	QUALITY	ART. NO.	VOLUME
Set NATURE'S APOTHECARY	A set of all-time classics with three essential oils for your natural medicine cabinet: Lavender Fine Organic, Peppermint Organic, Tea Tree Organic.	ORG	44480	3 x 5 ml
Set FOREST ENERGY	Three popular tree essential oils in one set: Siberian Fir, Swiss Pine Organic, Cedar Wood Organic.	ORG	44482	3 x 5 ml
Set JOY OF CITRUS	A set of fruity citrus essential oils: Lemon Organic, Grapefruit Organic, Orange Organic.	ORG	44481	3 x 5 ml



“Lavender Fine and Peppermint essential oils can be used directly on the skin in acute cases. Apply a drop to the skin, and gently pat in for quick aromatherapy acute care.”

Maria von Känel,
PRIMAVERA
Aroma Expert

NATURALLY FRAGRANT MEDICINE CABINET: YOUR INTRODUCTION TO AROMATHERAPY

Good to have on hand, be it at home or while traveling. Great that the three most important essential oils are available in one set: Lavender, Peppermint, and Tea Tree. These three oils are particularly suitable as an introduction to aromatherapy, as they cover a wide range of different needs, and can provide help and support.



Find recipes
to mix yourself:



NATURE'S POWER CONCENTRATES

Concentrated Natural Aid

Strong essential oil blends
for your home and travel medicine kit.



PRODUCT NAME	PRODUCT DESCRIPTION	QUALITY	ART. NO.	VOLUME
BELLY CARESS Power Concentrate Organic	A concentrate for relaxing belly massage oils, to warm your center or when feeling unwell in the abdomen region. With the essential oils of Roman camomile, marjoram, coriander seed and anise seed. Scent profile: sweet and tangy, warm and soft.	ORG	11204	5 ml
URGENT SKIN AID Power Concentrate Organic	A concentrate for regenerating skin-, and scar care or for bruised skin. With the essential oils of lavender fine, immortelle and labdanum. Scent profile: herbal, balsamic and warm.	ORG	11200	5 ml
SKIN CARESS Power Concentrate	A concentrate to strengthen the skin and as accompanying care e.g. for atopic dermatitis, itchiness, reddened or irritated skin. With the essential oils of organic yarrow, carrot seeds, organic lavender fine, organic geranium. Scent profile: herbal-sweet and delicately tangy.	100% pure and natural	11203	5 ml
PROTECTIVE BLEND Power Concentrate	A concentrate for protective skin care during the cold season. With the essential oils of organic oregano, organic thyme thymol, organic ravintsara, manuka. Scent profile: fruity-herbal, powerful and intense.	100% pure and natural	11201	5 ml
SOUL CARESS Power Concentrate Organic	This concentrate envelopes senses and protects the skin in the form of self-care and massages. With the essential oils of organic vetiver, organic angelica root, organic bergamot, organic larch, and jasmine absolute. Scent profile: woody-sweet, warm and enveloping.	ORG	11202	5 ml



Skin Caress
Power Concentrate
soothes and
nourishes the skin.



VEGAN

AROMA COMFORT

Aromatherapy for Health and Wellbeing

Support your health with the plant power of our ready-to-use products: 100 % pure and natural body oils, blends, roll-ons, and more.



Fem Comfort Organic Sensitive Intimate Oil is gentle care for your external intimate area. With clary sage, geranium, and bergamot. Also ideal after shaving.

PRODUCT LINE

PRODUCT NAME

● ACTIVE COMFORT

Active and fit with the pure power of organic plants

Organic Joint Comfort Rub

Organic Muscle Comfort Rub

Sport Gel

Organic Cooling Sport Spray

● COLD COMFORT

With the power of eucalyptus - feel well during the cold season, naturally

Organic Balm

Organic Mask Spray

Organic Blend

Organic Baby & Kids Balm

Organic Pillow Mist

Organic Breathe Easy Stick

● FEM COMFORT

Being a woman, naturally

Organic Sensitive Intimate Oil

Organic Menstrual Roll-On

Organic Menstrual Relief Oil

Organic Hot Flash Relief Spray

● HAND COMFORT

Organic Hand Sanitizer Spray

● HEAD COMFORT

Organic Aroma Roll-On

● ORAL COMFORT

Naturally revitalizing oral care

Organic Oil Pulling

Mouthwash

Organic Acute Lip Gel

● SLEEP COMFORT

Fall asleep naturally relaxed —with lavender, neroli and vanilla

Organic Balm

Organic Aroma Roll-On

Organic Blend

Organic Baby & Kids Balm

Organic Pillow Mist



PRODUCT DESCRIPTION	QUALITY	ART. NO.	VOLUME
Mobilizing massages and embrocations for stressed joints.	ORG	21820	50 ml
Regenerative skin care after physical activities, e.g. for sore muscles.	ORG	21830	50 ml
Relaxes strained ligaments and tendons after physical exertion.		21840	75 ml
Cools and soothes irritated skin in exerted or swollen areas.	ORG	21850	50 ml
Nourishing balm to rub into chest and back area, as well as around the nose.	ORG	21550	30 ml
Improves breathing with its fresh, minty scent. Suitable for all masks.	ORG	21570	20 ml
Refreshing and strengthening blend for aroma baths.	ORG	21530	5 ml
For chest and back massages; stimulates comfortable breathing. From 6 months.	ORG	21560	30 ml
Its fine scent promotes conscious breathing, especially during the cold season.	ORG	21520	30 ml
Refreshing and strengthening scent composition in a practical stick for on-the-go.	ORG	21501	0.8 ml
Intense care for the outside of the private area, with clary sage.	ORG	21730	30 ml
Acute care for relaxed days during your period. Convenient for on-the-go use.	ORG	21750	10 ml
Nourishing body oil helps maintain emotional and physical balance during the female cycle.	ORG	21720	50 ml
Refreshing and balancing for hot flushes and perspiration.	ORG	21710	50 ml
Cleanses and provides reliable skin protection with effective organic alcohol.	ORG	21900	50 ml
Refreshing for the skin, alleviates mild headaches.	ORG	21400	10 ml
Cleansing composition for healthy teeth and a strengthened mouth flora.	ORG	21300	200 ml
Use after brushing your teeth for a long lasting fresh breath. Without alcohol.		21311	250 ml
Effective lip care that alleviates feelings of tension, tingling and itching.	ORG	21320	10 ml
Rich skin care balm to feel relaxed.	ORG	21650	30 ml
Applied to the skin, the scent promotes restful sleep.	ORG	21600	10 ml
Relaxing and calming blend—suitable for aroma baths.	ORG	21630	5 ml
The gently fragrant care creates calming sleep rituals. From 6 months.	ORG	21660	30 ml
The relaxing scent of the pillow mist supports restful sleep.	ORG	21620	30 ml



WELLBEING

Pure and Natural Fragrances—Companions for Life

Be it Recharge, Concentration, Yoga Flow, or In Balance

– enjoy a gift from nature, for all situations in life.

PRODUCT LINE	PRODUCT NAME	PRODUCT DESCRIPTION	QUALITY	ART. NO.	VOLUME
● ENERGY BOOST	Organic Aroma Roll-On	Activating, woody-fresh. The scent of Douglas fir, silver fir and grapefruit gives you momentum.	ORG	75540	10 ml
	Organic Room Spray		ORG	19504	50 ml
● JOYFUL JOURNEYS	Blend	Vitalizing, sparkling-fruity. Enhances concentration while driving, keeps you awake.	100% pure and natural	18505	5 ml
	Organic Aroma Roll-On		ORG	75550	10 ml
	Set	Fragrance blend 5 ml, car diffuser, 5 replacement pads.		44505	
● CLEAN AIR	Blend	Clarifying, tangy-fresh. Peppermint, lemon and myrrh bring the pure freshness of nature into your home.	100% pure and natural	18510	5 ml
	Organic Room Spray		ORG	19510	50 ml
● RELAXED	Blend	Relaxing, flowery and enveloping. Deep calm and relaxation for body and soul.	100% pure and natural	18503	5 ml
	Organic Room Spray		ORG	19503	50 ml
● HAPPINESS	Blend	Uplifting, light and joyful. With mandarin, grapefruit and tonka.	100% pure and natural	18507	5 ml
	Organic Room Spray		ORG	19507	50 ml
● GOOD MOOD	Blend	Motivating, fruity and exotic. Joyfulness meets lightness of being. With the fruity scent of orange, lime and lemon.	100% pure and natural	18500	5 ml
	Organic Aroma Roll-On		ORG	75500	10 ml
	Organic Room Spray		ORG	19500	50 ml
● HAPPY LEMONGRASS	Organic Room Spray	Refreshing, bright citrus notes.	ORG	19513	50 ml
● HEARTWARMING	Blend	Harmonizing, rosy-warm. Like a heartfelt embrace. The gentle hug of rose, vanilla and sandalwood.	100% pure and natural	18508	5 ml
	Organic Room Spray		ORG	19508	50 ml
● IN BALANCE	Blend	Balancing, flowery and soft. A sensual, harmonizing fragrance with rose, orange and geranium.	100% pure and natural	18511	5 ml
	Organic Room Spray		ORG	19511	50 ml
● CONCENTRATION	Blend	Enhances concentration, fruity-tangy, clear. Optimizes focus on your inner core with the scent of lemon, giant fir and sage.	100% pure and natural	18502	5 ml
	Organic Aroma Roll-On		ORG	75520	10 ml
	Organic Room Spray		ORG	19502	50 ml

More
information
on Wellbeing:



PRODUCT LINE	PRODUCT NAME	PRODUCT DESCRIPTION	QUALITY	ART. NO.	VOL-UME
● RECHARGE	Organic Room Spray	Strengthening, woody and spicy.	ORG	19517	50 ml
● LET GO	Blend	Encouraging, gently herbal.	100% pure and natural	18512	5 ml
● JOY OF LIFE	Blend	Motivating, fresh and fruity. Grapefruit, spearmint and lime make your day feel lighter.	100% pure and natural	18509	5 ml
	Organic Room Spray		ORG	19509	50 ml
● SUMMER SUN	Blend	Exhilarating, fruity and warm. Neroli, green mandarin and orange bring the sunny summer feeling into your home.	100% pure and natural	18506	5 ml
	Organic Room Spray		ORG	19506	50 ml
● SPACE CLEARING	Organic Room Spray	Cleansing, spicy and tangy.	ORG	19516	50 ml
● STRESS FREE	Organic Aoma Roll-On	Mild, flowery and herbal scent. Take a break from your daily tasks.	ORG	75530	10 ml
● SWEET MOMENTS	Organic Room Spray	Enveloping, sweet and warm. With vanilla and benzoin siam.	ORG	19515	50 ml
● FOREST WALK	Blend	Slow down with a deep breath of woodland freshness. The fragrance of giant fir and spruce needles provide new energy.	100% pure and natural	18518	5 ml
	Organic Room Spray		ORG	19518	50 ml
● YOGA FLOW	Blend	Clear, fruity, soft scent for enhanced conscious breathing during yoga. Myrrh, grapefruit and sandalwood have a clarifying and cleansing effect.	100% pure and natural	18501	5 ml
	Organic Aroma Roll-On		ORG	75510	10 ml
	Organic Room Spray		ORG	19501	50 ml
● SWISS PINE FOREST	Organic Room Spray	Grounding, woody, fresh and warm. Bring the forest home.	ORG	19514	50 ml



Blends
Add a few drops to your diffuser and create your own world of wellbeing.



Aroma Roll-On
The practical on-the-go companion.
Simply apply to neck, wrists, or temples.



Room Spray
Spray your favorite scent into the room and enjoy the soothing effect.



VEGAN

* Applies for all Organic Aroma Roll-Ons.

Over 45% of our blends contain at least 95% organic ingredients.

Not all products are available with English labels. Please consult your local PRIMAVERA representative.

KIDS

Little Fragrant Heroes with a Big Effect

They smell good, do good, and are a great, gentle support for kids in various everyday situations.



PRODUCT LINE	PRODUCT NAME	PRODUCT DESCRIPTION	QUALITY
● COLD COMFORT	Organic Baby & Kids Balm From 6 months.	For chest and back massages; stimulates comfortable breathing.	ORG
● GUARD ME	Organic Room Spray Not suitable under 3 years.	The sweet-flowery, pleasant fragrance chases away bad dreams and anxiety.	ORG
● BRAVE DRAGON	Organic Aromatherapy Roll-On Not suitable under 3 years.	The woody, warm scent helps children get through challenging situations like the first day of school.	ORG
● FOCUS & LEARN	Blend Not suitable under 3 years.	The 100% pure and natural scent of lemon, orange and grapefruit supports children during their studies and enhances the memorization of acquired knowledge.	100% pure and natural
	Organic Aromatherapy Roll-On Not suitable under 3 years.		ORG
	Organic Room Spray Not suitable under 3 years.		ORG
	Set Not suitable under 3 years.		ORG
● PLAY TIME!	Blend Not suitable under 3 years.	Fragrantly carefree. Enhances imagination and the joy of play; lintsea, frangipani and orange ensure a balanced atmosphere for play.	100% pure and natural
	Organic Room Spray Not suitable under 3 years.		ORG
● SLEEP COMFORT	Baby & Kids Organic Balm From 6 months.	Rub the gentle balm into the skin for a calming sleep ritual.	ORG
● SWEET DREAMS	Blend Not suitable under 1 year.	The gently enveloping blend creates a calming bath experience before bedtime.	100% pure and natural
	Aroma Diffuser Funny Friends	Electric scent-diffusing device for the whole family (see p. 80). With interchangeable ears (cat, bear and rabbit).	

RIA, FAY, MATTI FOX
AND FRIENDS
ACCOMPANY KIDS
THROUGHOUT
THE DAY



ART. NO.	VOLUME/FORMAT
21560	30 ml
19602	50 ml
75610	10 ml
18600	5 ml
75600	10 ml
19600	50 ml
44602	5 ml + mini Aroma Stone
18603	5 ml
19603	50 ml
21660	30 ml
18601	5 ml
42007	H 22 cm, Ø 10 cm



"There are two things children should get from their parents: roots and wings."

Johann Wolfgang von Goethe



THREE QUESTIONS FOR RAMONA KENNERKNECHT

PRIMAVERA Product Manager,
Aroma Expert & Theo's Mom

Why does aromatherapy perfectly fit into the daily routines of a child?

Children have their own challenges to overcome. Each day brings situations in which they need courage, comfort and special support. Scents can be of wonderful help, and are particularly suited for rituals shared between children and parents.

How do you develop aromatherapy products especially for kids?

It's important that the kids like the scents. To find out what kids' noses prefer, we went to kindergartens, and let the children smell the scents themselves. We based our range on what they liked.

What needs to be taken into account during use?

Our products have been designed to suit the needs of children, and have been tested for safety. Nonetheless, they should only be put to use by adults—as a room scent, in a diffuser, as a bath essence or as an Aroma Roll-On directly applied to the child's skin.



VEGAN

* Applies for all Organic Aroma Roll-Ons.

Over 45% of our blends contain at least 95% organic ingredients.

Not all products are available with English labels. Please consult your local PRIMAVERA representative.

AROMA SAUNA

Naturally Soothing Relaxation

Breath by breath, we experience the calming, refreshing, or strengthening effect of essential oils with all of our senses.



PRODUCT NAME	PRODUCT DESCRIPTION	QUALITY	ART. NO.	VOLUME
ENERGY OF BREATH Organic Aroma Sauna	Scent profile: refreshing, minty-clear. With eucalyptus globulus, eucalyptus citriodora, peppermint.	ORG	75252	100 ml
SOURCE OF ENERGY Organic Aroma Sauna	Scent profile: vitalizing, fresh and resinous. With lemongrass, cedar wood, Swiss pine and more.	ORG	75253	100 ml
DEEP RELAXATION Organic Aroma Sauna	Scent profile: grounding, balsamic and enveloping. With lavender fine, benzoin siam, vanilla extract.	ORG	75256	100 ml
FOREST EXPERIENCE Organic Aroma Sauna	Scent profile: harmonizing, woody-fresh. With Swiss pine, giant fir, grapefruit.	ORG	75251	100 ml
WARMING TREAT Organic Aroma Sauna	Scent profile: zesty, warm and fresh. With ginger, lemon, orange.	ORG	75254	100 ml
CITRUS DELIGHT Organic Aroma Sauna	Scent profile: atmospheric, zesty and fruity. With grapefruit, green mandarin, lime.	ORG	75255	100 ml
Set Aroma Sauna STRENGTH & CALMNESS	Contents: 10 ml of each Aroma Sauna infusions Forest Experience, Warming Treat and Deep Relaxation.	ORG	75258	3 x 10 ml
Set Aroma Sauna FRESHNESS & ENERGY	Contents: 10 ml each of our Aroma Sauna infusions Energy of Breath, Source of Energy and Citrus Delight.	ORG	75259	3 x 10 ml



Source of Energy
Organic Aroma Sauna with fresh-resinous scent. Cedar, lemongrass and mountain pine have an energizing effect.



HOLISTIC EXPERIENCE

In the warm air of the sauna, precious essential oils develop their pure and natural plant power and unique potential, making a visit to the sauna a holistic experience for body and soul.

Sauna infusions are the highlight of every sauna visit. When water is poured onto the hot stones, it hisses, steams, and increases humidity. A soothing hot mist is produced that seems at once both pleasant and meditative, as the natural scent spreads throughout the sauna, settling on the skin and being inhaled into the body. A sauna infusion can have a refreshing or grounding effect. For example, Organic Aroma Sauna—Source of Breath with eucalyptus and peppermint is refreshing, while Organic Aroma Sauna—Source of Energy with lemongrass and cedar is revitalizing. Generally, citrus scents are invigorating, while honey extract, lavender and benzoin siam found in our Organic Aroma Sauna—Deep Relaxation are calming. On the other hand, woody-fresh aromas can increase our overall sense of wellbeing: We sit on the wooden slatted bench in the steamy sauna and immerse ourselves in the depths of the forest. Breathe in the fresh scent of vibrant greenery, sun-kissed wood and pure, strengthening forest energy.



TRIAL SET
TO EXPLORE
AND ENJOY



DIFFUSERS & MORE

Feel-Good Favorites

Our aroma diffusers quickly create a feel-good atmosphere in any room so you can relax, let go, and recharge your batteries.



PRODUCT LINE		PRODUCT NAME	PRODUCT DESCRIPTION	ART. NO.	FORMAT
ELECTRIC AROMA DIFFUSERS		Aroma Light Emotion	Scent and light—in their most beautiful form. 6 light colors as well as warm white.	41070	H 27.5 cm Ø 15.5 cm
		Aroma Warming Stone Simply Silent	Simple. Silent. Works without water. Automatic switch-off after 1 hour.	41005	H 6.5 cm Ø 13.5 cm
		Aroma Flower Fan	Powerful & bright—your colorful scent magician for larger spaces.	42030	H 13.5 cm Ø 15 cm
		Replacement pads	10 individually usable replacement pads made from organic cotton, and 2 pad holders.	42107	1 set
		Aroma Diffuser Feel Happy	Simply so many options: 3 different diffusion-, operation-, and light modes.	42008	H 14 cm Ø 14 cm
		Aroma Diffuser Funny Friends	Naturally fragrant fun for the whole family. With interchangeable ears (cat, bear and rabbit).	42007	H 22 cm Ø 10 cm
		Aroma Diffuser Petit	Always by your side—small, practical, elegant. Build in lithium ion battery.	42001	H 12.6 cm Ø 3.6 cm
		Aroma Diffuser Traveler	Always take your favorite scent with you—cable-free, compact, multifaceted. Build in lithium ion battery.	42002	H 17.5 cm Ø 7 cm
		Aroma Diffuser Woody	Your shining natural fragrance experience made of glass and wood. 4 operating and 8 light modes.	42003	H 12 cm Ø 12.5 cm
		Aroma Nebulizer Purist	Simple elegance. Pure application. Powerful natural fragrance experience. Coverage: approx. 80 m².	42020	H 19.5 cm Ø 10.5 cm
AROMA OIL WARMER		Primavera Matte Cream white	Your natural fragrant moment by candlelight. Gentle essential oil heating. Handmade quality from Europe.	40042	H 13 cm W 12.5 cm D 8 cm
		Primavera Glossy Spring Green	Comes without the candle and candle glass (available separately).	40048	H 13 cm W 12.5 cm D 8 cm
		Primavera Matte Taupe		40044	H 13 cm W 12.5 cm D 8 cm

Find dosage tips
for our aroma
diffusers:



PRODUCT LINE		PRODUCT NAME	PRODUCT DESCRIPTION	ART. NO.	FORMAT
AROMA WOODEN DIFFUSER		Aroma Pine Wood Ball	Create a wellness atmosphere. Sourced from sustainable forestry in Austria.	60123	H 7.5 cm Ø 7.8 cm
AROMA STONES		Aroma Stone Energy Spiral on a ceramic plate	Unsealed aroma stone and glazed ceramic plate.	60077	H 2.5 cm Ø 6 cm
		Aroma Stone Ornament	Ceramic aroma stone. Glazed underside.	60047	H 1.4 cm Ø 5.5 cm
		Mini Aroma Stone	The tiny scent companion on the go. Tin box. Ceramic aroma stone.	60029	H 1.5 cm W 6 cm D 4.5 cm
		Aroma Stone Rose Blossom on a glass plate	Unsealed ceramic aroma stone. Rectangular glass plate.	60081	H 4.5 cm Ø 10 cm
		Aroma Stone Lotus Flower	Allows scents to blossom. Gypsum aroma stone. Plate sourced from sustainable forestry.	60111	H 4 cm Ø 12 cm
AROMA FOUNTAIN		Rondo Matte Cream White	Fragrant fountain for a pleasant room climate. Handmade quality from Europe. Includes a high-quality pump.	43033	H 15.5 cm Ø 25.5 cm
		Rondo Shiny Ice Green		43035	H 15.5 cm Ø 25.5 cm
		Rondo Matte Warm Grey		43037	H 15.5 cm Ø 25.5 cm
		Replacement pump for Aroma Fountain	Resistant against essential oils. Suitable for continuous operation.	43105	

All oil warmers, aroma holders and aroma fountains, as well as the glass bell of the Aroma Light Emotion, are handmade. Minor differences in color and shape are not defects but a sign of handmade quality. Inclusions and irregularities in the wood of the Pine Wood Ball and the plate of the Aroma Stone Lotus Flower are also signs of their natural quality. Every product is unique.

DIY & ACCESSORIES

Simply Mix it Yourself

Discover your creative power and blend your own compositions. Also makes a great gift.



	PRODUCT NAME	PRODUCT DESCRIPTION	ART. NO.	CONTENTS
	Wooden Presentation Display	For essential oils and blends.	93206	1 pc.
	Glass Bottle Set 10 ml	For your homemade blends. 10 empty bottles with lid and label.	61050	1 set.
	Glass Bottle Set 50 ml	For your homemade body and massage oils. 6 empty bottles with lid and label.	61051	1 set
	Glass Bottle Set DIY	The practical DIY set for your own mixtures. 8 empty bottles with lid and label.	61052	1 set
	Round Label Set	Approx. 200 labeled lid labels for all essential oils and blends.	60019	1 set
	Pump Dispenser for Body Oil Bottles 100/50/30 ml	Tube can be shortened if needed. Not suitable for brown glass bottles from the sets.	61024	1 pc.
	Glass Pipette Organic Plant Oils for 30 ml	Not suitable for brown glass bottles from the sets.	61026	1 pc.
	Aroma sticks for DIY	5 aroma sticks to fill yourself. Includes 10 pads and 12 labels.	60009	1 set
	Scent strips	Usable as scent strip or as spatula for creams.	60014	60 pcs.
	Aromex	Oil warmer cleaner to clean ceramic, glass or metal oil devices	60007	100 ml
	Glass for tea light	For all PRIMAVERA oil warmers	60024	1 pc.

Discover DIY recipes
and recommended
dosage:



EXPERIENCE SCENTS, LIGHT, AND PURE JOY FIRST HAND

When visiting Germany: Experience our pure and natural aromatherapy products, high quality organic and natural skin care, as well as holistic wellness products in the PRIMAVERA Scent & Organic Skincare Shop in the Allgäu region (Bavarian Alps) and in Berlin.

PRIMAVERA Scent & Organic Skincare Shop in the Allgäu (Bavaria)

Naturparadies 1
87466 Oy-Mittelberg
Tel. +49 8366 8988-880
shop@primaveralife.com

Opening hours:
Monday to Saturday 10 am – 6 pm
(except for Bavarian public holidays)



Visit Berlin

PRIMAVERA Scent & Organic Skincare Shop in Berlin

Weinbergsweg 2
10119 Berlin
Tel. +49 30 412 094 83
shop-berlin@primaveralife.com

Opening hours:
Monday to Saturday 10 am – 7 pm
(except for Berlin public holidays)

The teams at the PRIMAVERA
Scent & Organic Skincare Shops
look forward to welcoming you.

Our headquarter
is located in the
natural paradise
of the Allgäu
in the Bavarian Alps,
nestled in a rose
and medicinal
herb garden.

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PRIMAVERA®

PRIMAVERA LIFE GMBH · Naturparadies 1 · 87466 Oy-Mittelberg, Germany
Tel +49 8366 8988-0 · www.primaverallife.com · info@primaverallife.com

